Finding 400-year-old artifacts in NL • Change for NB's King Cole Tea, age 100

July/August 2010 Vol. 11 No. 4 $5.95

SALTSCAPES

10th ANNIVERSARY

canada's east coast magazine

Easy ideas for summer food!

- 3 mouth-watering raspberry recipes
- 3 best-bet traditions for the cottage (or a potluck)

Red clay dreams

Taking a trip down memory lane on PEI's country roads

Visual pollution

Are signs peppered along NS roads destroying the view?

A fish story you *can* brag about.

Warm Teriyaki Salmon Salad

For the salmon:
- 2 salmon portions, (140 grams each)
- 2 tablespoons teriyaki sauce

For the salad:
- 1 cup cleaned baby spinach
- 1 cup assorted bell peppers seeded, cored, cut in thin strips
- 1 red onion, trimmed and thinly sliced
- 5-6 mandarin orange segments
- Green onion or fresh herbs for garnish
- Sesame seeds

For the dressing:
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 1 teaspoon brown sugar
- 1 teaspoon sesame oil

Blend together to make vinaigrette.

Marinate salmon portions for 30 minutes in teriyaki sauce. Cook on medium high heat on a grill for 3 minutes on each side. Sprinkle with sesame seeds after cooking. Season peppers and cook on grill until tender. Mix vegetables and mandarin orange segments and top with salmon portions.

Sobeys

SALTSCAPES
canada's east coast magazine
Volume 11, Number 4, July/August 2010

Some would make us just names on a list. But we are people in a place–and resist.

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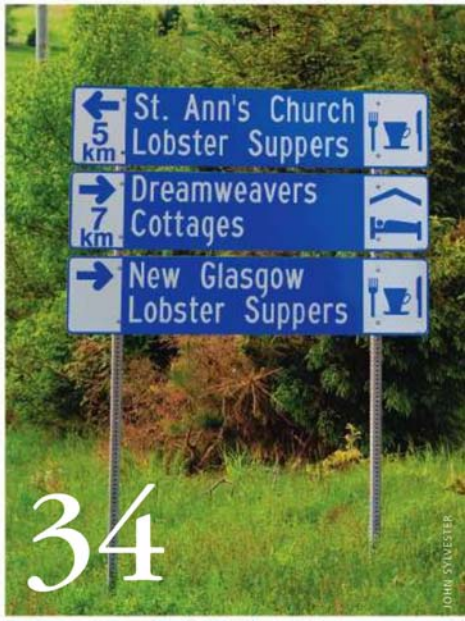

on our cover:
Lamb with Raspberry Black Peppercorn Sauce. "The sauce is sweet, tart and peppery, an all-time favourite accompaniment to local lamb," says *Saltscapes*' food editor, Alain Bossé. See recipe on page 53. Photo by Perry Jackson.

30 **One shark, two sharks**
Overfished off Atlantic Canada to the point of being endangered, porbeagle sharks are now making a comeback
Story and photography by Dan Doucette

34 **Are we there yet?**
Nova Scotia lags behind the other three Atlantic Provinces in highway signage policies
By Joanie Veitch

40 **Country roads**
PEI's red clay roads may provide a bumpy ride on the otherwise gentle island, but they also offer a trip down memory lane
Photography by Barrett & MacKay. Story by Heather White

HERE'S A FACT:

Equinox gets **better** highway **fuel efficiency** than CR-V, RAV4 or Escape Hybrid*

HERE'S ANOTHER FACT:
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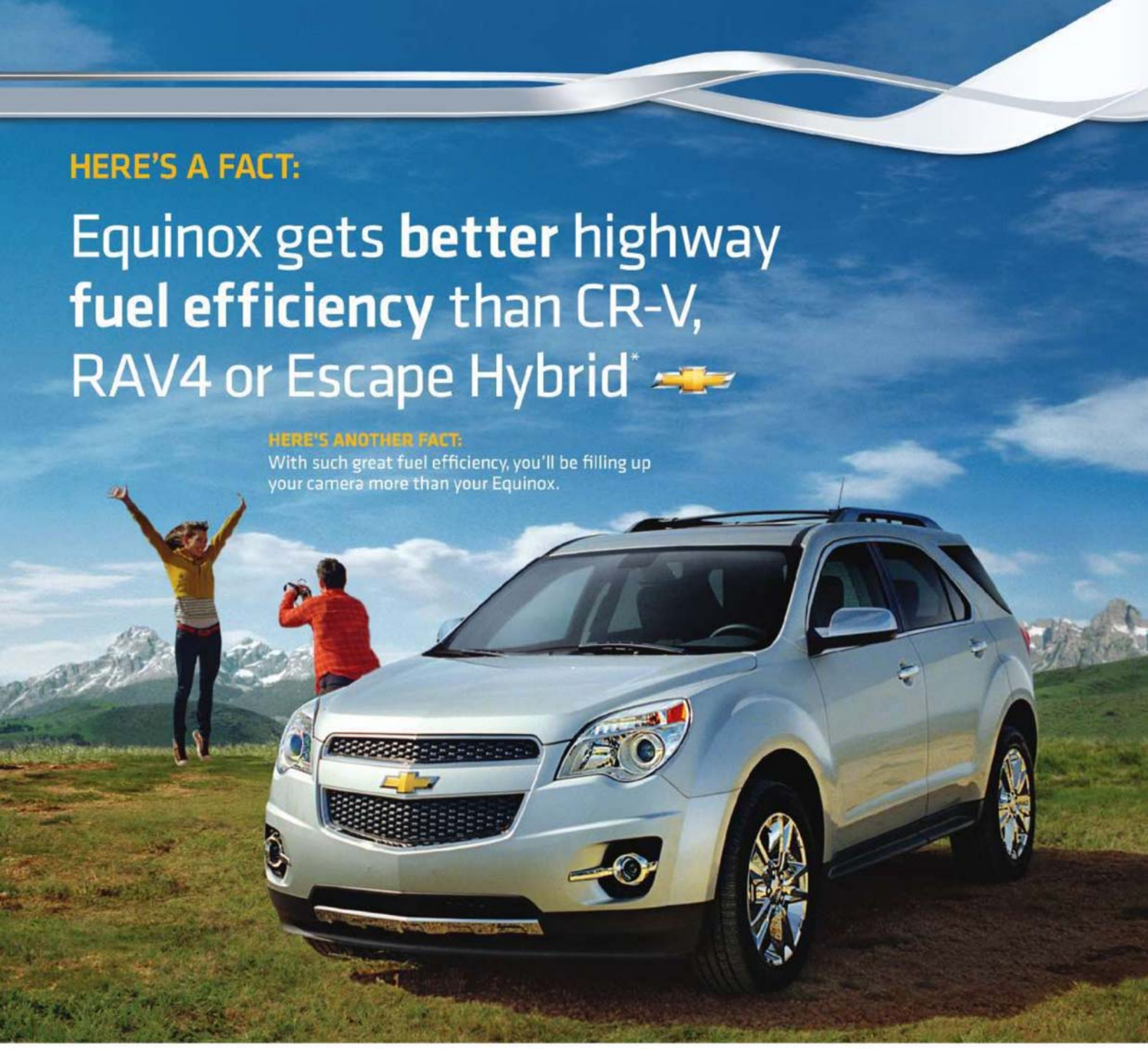

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JODI DELONG

PERRY JACKSON

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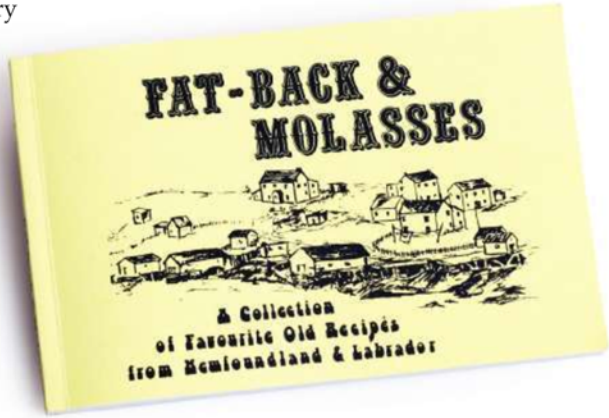

home & cottage

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An old art with a new flare

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Green is more than just a colour, and dark tones are in vogue

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Modern innovation has made pools and hot tubs cheaper and easier to maintain

83 A long, hot gardening summer
Strategies to keep plants happy (as opposed to high and dry)

Goin' down the road, in the wrong direction

WE RECENTLY contemplated an old, crinkled and poorly focused neighbourhood photograph taken sometime in the 1920s. The dozen or so folks pictured were smiling for the camera, of course, but they were shabbily dressed and displayed poor dental health. There was a high proportion of young children clinging to startlingly young mothers.

It occurred to us that these people would have rarely left their small, local communities during their whole lives. Does that mean they were deprived of happiness and led an unfulfilled existence?

A recent survey by the Community Foundations of Canada reveals that people inhabiting our large cities are less satisfied with local quality of life than people living in small rural communities. In centres of fewer than 5,000 inhabitants, 43 per cent reported their local quality of life to be "excellent," while only 32 per cent of those surveyed in cities of at least 100,000 made the same report.

Quelle surprise!

"People inhabiting our large cities are less satisfied with local quality of life than people living in small rural communities..."

This particular survey, taken in the midst of a severe recession, echoed conclusions from other, similar surveys—that after basic needs are met, material wealth is much less pivotal in terms of overall happiness than family, community, ready access to a clean natural environment, a sense of belonging and the significant satisfaction of knowing that you, even as a mere individual, matter.

Sound familiar?

We have been impressed in recent years by remarks, in simple conversations, from individuals in both the UK and the US commenting on political matters. In both instances, real frustration was expressed that people felt helpless to enact change: that political leaders were out of touch and out of reach.

Not so in Canadian towns and villages, where political leaders are generally approachable. Our sparse population allows the notion that you, as an individual, can influence your own community and your own future, seemingly a vital component of personal happiness and a feeling of security.

But rural dwellers also reported being worried about the future of their communities as young Canadians and immigrants flock to our larger centres, and rural infrastructure is allowed to decay. Sociologically, it seems, Canada is heading in entirely the wrong direction: its citizens are destined, within the stressed and gridlocked anonymity of large cities, to enjoy less contentment and fulfillment in their lives than did their parents and grandparents.

The authors of the Community Foundations of Canada report conclude that the solution is to make large Canadian centres more relaxed and livable at the individual level.

Good luck with that.

~ Linda & Jim Gourlay

e-mail: gourlays@saltscapes.com

Don't Miss *Saltscapes* 10th Anniversary Readers' Choice Contest... deadline is August 31, 2010

Saltscapes magazine has compiled 100 Reasons to Love Atlantic Canada... now it's YOUR turn! Nominate your own favourite Atlantic Canadian people, places and things, and be eligible to win one of four $1,000 getaway prize packages...visit saltscapes.com for complete details!!

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Letters

100 REASONS TO LOVE ATLANTIC CANADA—THE SERIES?

Congratulations on your anniversary and great issue (May/June)! I enjoyed reading about all the things to celebrate in our region ("100 Reasons to Love Atlantic Canada.") Have you thought about making it an annual story? You can continue to add to the list, with help from people in different places revealing the world's best-kept secrets (not for long). That way you won't feel bad about what doesn't make it on the list one year—given the dialogue is ongoing.

On the topic of annual stories, I'd also like to see one about local heroes, again inviting people to offer suggestions. Let's celebrate the homespun values we are blessed to be endowed with!

One more request… stories about restoration or renovating on a budget would be appreciated—acknowledging "values" of a different sort.

R. Taylor
Halifax

TIME TO UPDATE YOUR EDUMACATION…

I have just gone through "100 Reasons to Love Atlantic Canada," in May/June. It's good to see that Nova Scotia's Lighthouse Route is listed among the Top 10 Drives, but for the first time in my life, I see that it runs from Halifax only to Bridgewater.

Folks, that takes you only one-third of the distance. The Lighthouse Route runs all the way to Yarmouth!

Pop in to our end of the province and get educated. There are 100 reasons to love our region alone.

John Sollows
Yarmouth, NS

SINGING TO HIS CHOIR

There was a time when I would have viewed Katharine Mott's call for manners ("Mindful of Manners," May/June issue) as about little more than tea-party etiquette, but having watched civility decline over the past 20 years I'd say she is now singing to my choir. The loss of common norms for basic decency (think of all the men—and women—wearing baseball caps in restaurants) puts us on a slippery slope towards greater levels of societal disrespect.

Think about it like the broken windows theory of crime: If we don't tend to the small things, we signal a lack of concern about all things. Ironically, as we increasingly depart from teaching manners in our homes, our businesses and institutions respond with a flurry of so-called behaviour codes.

I'd rather us go out into the world every day knowing how to respect others than to have Big Brother telling us.

Ed Barkhouse
Halifax

THINKING OUTSIDE THE ACCOMMODATION BOX

I enjoyed the article about a cruise around Newfoundland by Michael Crummey ("Heart of the Matter," March/April issue), but found this statement unfortunate: "There is a ferry that supplies these communities (along the South Coast), but it has little in the way of facilities for tourists on board, and the outports themselves have neither hotels nor restaurants."

My brother and I travelled the South Coast of Newfoundland and Labrador during the fall of 2007 and 2008. We visited most of the outports on the coast including Ramea, Francois, Grey River, McCallum and Gaultois, all only accessible by the coastal ferry.

Ramea has a nice restaurant not far from the dock, and houses you can rent for a night, two nights, a week or more, one of which we rented. In Francois we stayed at Edith Green's, who had a self-contained apartment looking out over the harbour as well as rooms in her house for rent. In McCallum we stayed at Nina Crant's, who also rents a house right on the water. We cooked our own meals most of the time, and had meals served to us by Ms. Green and Ms. Crant.

We did not stay overnight in Gaultois but did have contact with a Ms. Fudge, who rented out rooms and supplied meals. We also rented a house in Grey River from a Mr. Peach, where we cooked our own meals.

The places we stayed would not be classified as five star hotels, but were all licensed, clean and comfortable. Their owners were, however, five star people, as were the people we met.

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canada's east coast magazine
Volume 11, Number 4 • Date of Issue: July 2010

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Saltscapes is published seven times annually by:
Saltscapes Publishing Limited
Suite 209, 30 Damascus Rd, Bedford, NS B4A 0C1
Tel: (902) 464-7258, Sales Toll Free: 1-877-311-5877

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Valerie Blackmore • Cyndy Donkin

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Subscription Services
Enquiries please contact:
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Subscriptions: Canada, one year (7 issues) $26.95, two years (14 issues) $52.95 (plus applicable tax)
U.S. one year $39.95 (Cdn). Overseas one year $44.95

Subscription Services by The Oyster Group

Canada PAP Registration No 10633. We acknowledge the financial support of the Government of Canada, through the Publications Assistance Program and the Canada Magazine Fund, toward our mailing and editorial costs.

Canada Post Publications Mail Agreement No. 40597063
ISSN 1492-3351

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Printed by: Advocate Printing & Publishing, Pictou, NS

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John Bursey
Gander, NL

PLEASE LEARN FROM EUROPE'S MISTAKES!

As a subscriber of your great magazine and for more than 10 years a non-resident homeowner in Cape Breton, I have to tell you about my concern regarding your beautiful country. You are on the way to making the same environmental mistakes we have made in Europe. I have worked more than 35 years for one of the biggest chemical companies, so I know what I am talking about.

In your magazine one reads about your beautiful country: the pristine nature, clear rivers, never-ending forest and the wildlife that you are so proud of. On the other hand you destroy "Mother Nature" more and more. Here are a few examples:

- Deforestation all across Canada, and reforestation that creates an "artificial" forest and no "nature."
- Lack of clear regulations for industries regarding pollution and environmental objectives, especially for the chemical industry.
- Depositing high-risk materials—where are the necessary incineration facilities?
- The careless sale, handling and use of toxic chemicals used in households and gardens. One can still buy toxic products that have been long prohibited in Europe.

Of course, you also find more efforts regarding sustainable energy, reforesting etc., but unfortunately the bad things prevail.

What about the plan for the UNESCO Biosphere Reserve at the Bras d'Or Lakes? Do you hear about any success?

Much to my regret, it's hard to go but more and more I'm thinking about leaving Canada and settling somewhere in a environmentally healthier part of Europe.

G. Fleuter
Leverkusen, Germany
Roberta, Cape Breton

ERRATA

In the story "100 Reasons to Love Atlantic Canada," May/June issue, the photo at the top of page 35 is of the Torngat Mountains, not the Mealy Mountains. Both are national parks in Labrador: the Mealy Mountains are in Southeastern Labrador; the Torngat Mountains are at the tip of Northern Labrador.

Additionally, the photo at the bottom of page 33 is the Battery, St John's Harbour, not Quidi Vidi Village.

In "Food, Glorious Comfort Food: 10 Favourite Foods," May/June issue, the method for Sweet Potato Bundt Cake with Sugar Glaze, page 58, says to add ¾ cup (50 mL) of the rum to batter. In fact it should read add ¼ cup (50 mL) of the rum to batter.

Saltscapes *apologizes for the errors.*

Thanks to all the eagle-eye readers who pointed them out.

HOW TO CONTACT US

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We welcome your comments. Please send letters to:
Letters, *Saltscapes*, 30 Damascus Rd., Suite 209, Bedford, NS, B4A 0C1
E-mail: dearsaltscapes@saltscapes.com

Be sure to include your town or city name and a telephone number.
We can't publish all your notes but we'll do our best to include as many as we can on these pages in each issue. Letters that appear in *Saltscapes* may be edited for length and clarity.

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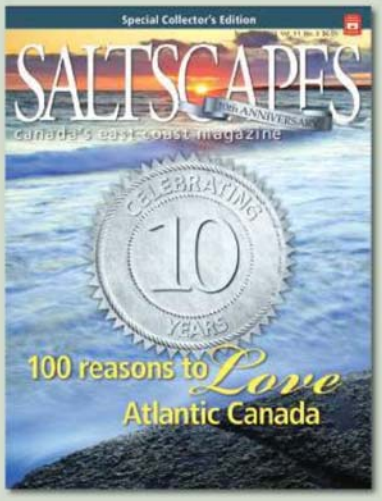

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Explore, Experience and Enjoy...

Summer heats up in Southwest Nova Scotia

If there's one thing the people of southwestern Nova Scotia have in common, it's their love of entertaining. From Fundy Shore & Annapolis Valley, Yarmouth and Acadian Shores to the South Shore there are festivals and events this summer that will let you savour their cultural heritage, relive their history and immerse you in their musical and artistic talent.

Whether it's celebrating the Whirligig and Weathervane Festival (a woodcarver's paradise), practicing your pirate-speak at the Mahone Bay Regatta, or honouring the 300th anniversary of the naming of Annapolis Royal, you're bound to find a reason to dance, sing, or raise a glass in Southwest Nova Scotia.

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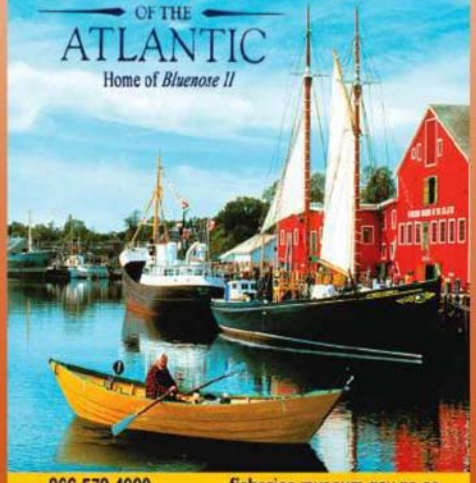

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JULY 8-10
SAINT JOHN

Saltyjam Music Festival

This festival on the Saint John waterfront brings together world-class artists in a series of concerts. Highlights this year include Matt Andersen, Old Man Leudicke and Corb Lund & The Hurtin' Albertans. Information: 1-800-267-2800 or saltyjam.ca.

JULY 14-18
RICHIBUCTO

Scallop Festival

Celebrate the region's seafood and fishing culture with music every night, a bazaar along Main Street and a parade of illuminated boats. The week winds up with fireworks near the water. Don't forget to savour the amazing fresh scallops! Information: (506) 523-7870 or richibucto.org.

JULY 15-18
CHARLO

Summer Splash

Have a ball at this annual party held at Chaleur Beach. Live music, entertainment, food—plus 12 kilometres of beach along the Bay of Chaleur, and swimming or canoeing on the fresh Charlo River. Information: (506) 684-7850 or villagecharlo.com.

JULY 19-25
CARAQUET

Atlantic Visual Arts Festival

Exhibitions, lectures, youth workshops, and the popular Nuit des arts (Night of the Arts). Watch the artists create works on a specific theme. The Atlantic Visual Arts Festival serves as a forum for exchange between professional visual artists and the general public. Information: (506) 727-7726 or fava.laroutedesarts.com.

AUGUST 1-7
ST. STEPHEN

Chocolate Fest

This annual event, running since 1985, celebrates the delicious heritage of Ganong Bros—in the business of chocolate and candy since 1873. Activities include dipping candy and nuts in chocolate and a chocolate pudding eating contest; a luncheon or dinner with a chocolate dessert buffet; tours of the chocolate museum, where you can buy chocolate merchandise to take home. Information: (506) 465-5616 or chocolate-fest.ca.

AUGUST 8
BAIE VERTE

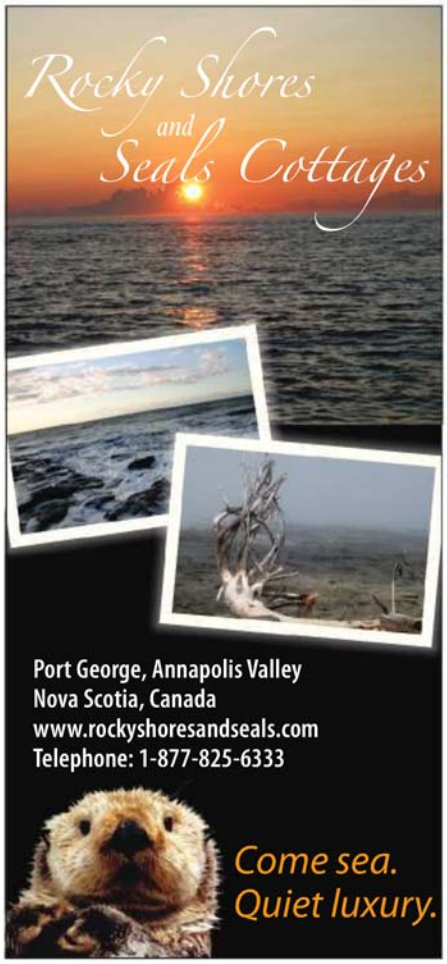
Winegarden Wine Festival

Sample a selection of wines and spirits at Winegarden Vineyard; take a stroll through the vineyard to the festival barn for delicious food and musical entertainment—a brass band, accordion player and bluegrass. Check out the craft vendors on site or take the family on a wagon ride. Information: (506) 538-7405 or winegardenestate.com.

AUGUST 15
NEGUAC

National Acadian Day

Dance to the folkloric Acadian music in the magnificent Île-aux-foins Park; sample



Flocking to First Nations Days at Port Royal National Historic Site, Annapolis Royal, NS.

Acadian dishes popular in Neguac and region. Information: (506) 776-3950 or e-mail: village.melissa@nb.aibn.com.

NS

JULY 9-11
PICTOU

Pictou Lobster Carnival

Celebrate the end of the fishing season with musical performances, a beer garden, mardi gras and children's parades, antique car show, derby and boat races, and a midway. The Barra MacNeils perform Sunday. Information: (902) 485-5150 or pictoulobstercarnival.ca.

JULY 10
LAKE CHARLOTTE

Heritage Dinner

Served at the Cookhouse, Memory Lane Heritage Village, this dinner replicates a four-course meal served to Canada's War Brides travelling to Pier 21 in Halifax on May 25, 1945, aboard the *Duchess of Bedford*. Information: 1-877-287-0697 or heritagevillage.ca.

JULY 10-25
TUSKET

Festival acadien international de Par-en-Bas

Enjoy the rhythm of Acadian life in the heart of the Acadian Shore. Hear local and national Acadian musicians; try the ultimate comfort food, rappie pie; step back in time as traditional crafters demonstrate their artistry. Information: (902) 648-2253 or festivalacadien.net.

JULY 11
PARRSBORO

Dino Daze

Activities and projects include mini volcanos, face painting and a fossil dig. Check out the Maritime Reptile Adventures show 11 a.m. or 2 p.m., and the beach tour to Partridge Island at 3 p.m. (The reptiles will be at the museum all day so you can spend some time with the animals.) Fundy Geological Museum; free admission this year only. Information: 1-866-856-DINO or museum.gov.ns.ca/fgm.

JULY 11, AUGUST 22, SEPTEMBER 12
ANNAPOLIS ROYAL

First Nations Days

Partake in Mi'kmaq traditions, history and games at Port Royal National Historic Site, 1 p.m.-4 p.m. Information: (902) 532-2898 or e-mail wayne.melanson@pc.gc.ca.

JULY 13-AUGUST 17
CHRISTMAS ISLAND

Gaelic Concert Series

Each Tuesday evening Cape Breton musicians gather at the Christmas Island fire hall to share the stage with emerging talent and local tradition bearers in bilingual Gaelic-English. A tea including oatcakes and biscuits is served at intermission. You'll go away saying *Bu Deònach Leam Tilleach* (I would willingly return). Information: (902) 622-262 or feisaneilein.ca.

JULY 16-18
KEMPT SHORE

Acoustic Maritime Music Festival

This three-day family event held at Peterson's Festival Campground features some of Canada's best musical talent: J.P. Cormier, Coco Love Alcorn and Teresa Doyle, to name a few who are performing this year. Enjoy the 1,000 feet of beach, and the fishing for striped bass, usually running at this time. Information: (902) 633-2535 or novascotiabluegrass.com.

JULY 17-18
MUSQUODOBOIT HARBOUR

Clothesline Art Sale

Artists hang their paintings to sell on clotheslines on the Railway Museum's lawn, as a fundraiser for the museum. 9 a.m. to 3 p.m. Information: (902) 827-2532 or e-mail theinhouse@eastlink.ca.

AUGUST 11-12
JEDDORE OYSTER POND

Folk Art

Watch as local folk artists, including Barry Colpitts, create art in the 100-year-old barn at the Fisherman's Life Museum. Artworks are available for purchase. Enjoy the Mad Hatter's Tea on August 12. Information: (902) 889-2053 or fishermanslife.museum.gov.ns.ca.

AUGUST 14-15
PARKER'S COVE

Lobster Crate Run

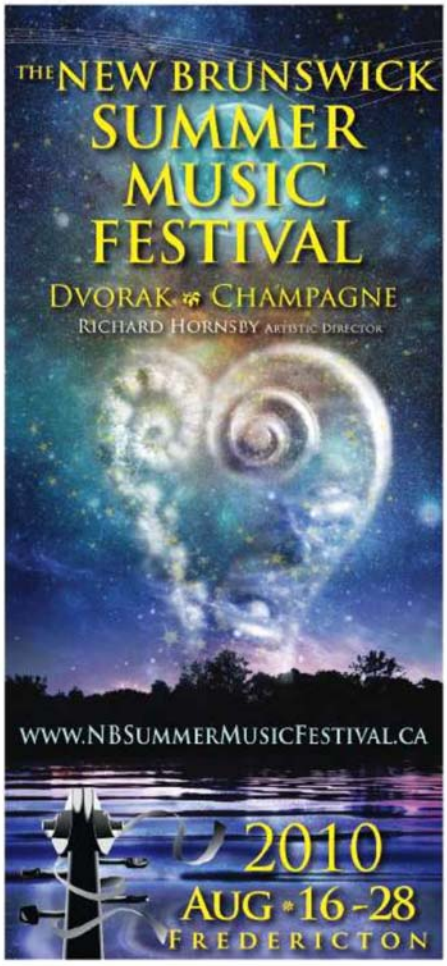
Come to Parker's Cove wharf and watch contestants brave the cold Bay of Fundy water while trying to race across floating lobster crates. Try entering yourself and see if you have the skills to remain upright! Information: (902) 532-1393 or e-mail info@fundycommunities.com/craterun.

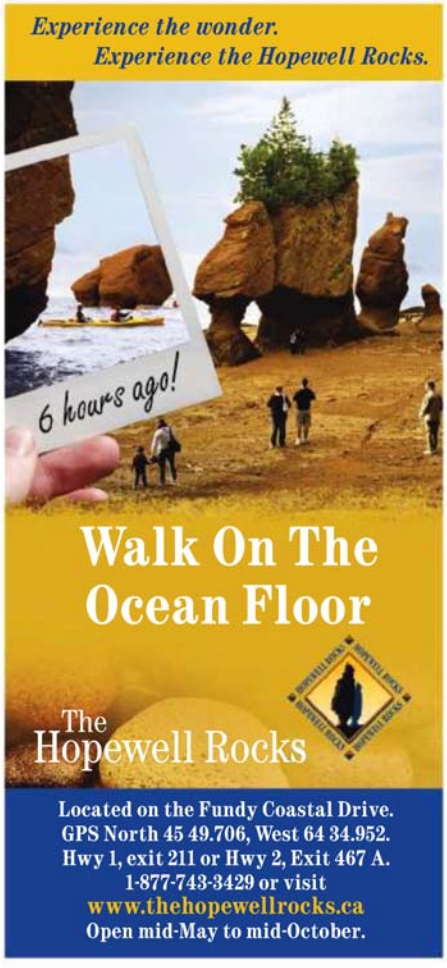
PEI

JULY 5-AUGUST 28
CHARLOTTETOWN

Summer Concert Series

Peakes Wharf, on the historic Charlottetown waterfront, is the venue for free outdoor concerts every day during summer. Musicians include Eddie Quinn, Joey Kitson, Gord Belsher, Kendall Docherty, Muddy Buddy Trio and the





very popular Keltic Kids. 6 p.m.-8 p.m., and weekend afternoons from 2 p.m.-4 p.m., weather permitting. Information: (902) 368-1330 or peakesquay.com.

JULY 16-17
WOOD ISLANDS LIGHTHOUSE

Mermaid Tears Sea Glass Festival

Activities at this fundraiser for the Wood Islands Lighthouse include children's sea glass hunts, face painting, puppet theatre, reading tent. Check out the vendors of jewelry and other mermaid and sea glass items; some will demonstrate their techniques. Information: (902) 962-2819 or peiseaglassfestival.com.

JULY 17, 24, 31, AUGUST 7
CHARLOTTETOWN

The Island Standup Comedy Showcase

Laugh out loud at this energetic show featuring some of the Island's top stand-up comics: Patrick Ledwell, Fraser McCallum, Matt Stewart and Francois Weber. These four funny guys share hosting duties each week and, along with special guests, create four nights of the summer's funniest late-night comedy. Information: 1-800-565-0278 or charlottetownfestival.com.

JULY 18
BIDEFORD

Strawberry Social

Good old-fashioned fun is what this event is all about! Music, clothes hanging competition, games, period costumes and strawberry shortcake are all served up on the grounds of the Bideford Parsonage Museum, 2 p.m.-5 p.m. Information: (902) 831-3133 or bidefordparsonagemuseum.com.

JULY 31
CRAPAUD

Crapaud Exhibition

Get back to rural roots and come on out for some good times, country style! Livestock judging, 4H demonstrations, horse show, woodsmen's competition and 4x4 truck pull are a few of the events planned. And don't forget the barbecue chicken dinner. Information: (902) 940-1098 or crapaudexhibition.com.

AUGUST 6-8
ELDON

Highland Games

Whether you're kilted or not, you'll find lots to fill your senses at this festival, including step dancing and highland dancing competitions, sporting competitions, a parade and concert, and golf. Bring your lawn chair to Lord Selkirk Provincial Park. Information: (902) 368-7378 or caledonianclubofpei.ca.

AUGUST 27-29
STANLEY BRIDGE

River Days Festival

This eco-tourism festival aims to raise awareness of the local watershed through fun and informative activities: live music, boat parade of lights and bridge lighting, teddy bear picnic, boat poker run, farmers market, brunch and ceilidh. Information: (902) 886-3355 or e-mail: river_days_festival@yahoo.ca.

NL

JULY 1-SEPTEMBER 11
FERRYLAND

Southern Shore Dinner Theatre

Experience a traditional time, featuring a comical play portraying Newfoundland's unique Irish culture. Information: 1-888-332-2052 or ssfac.com.

JULY 9-18
EASTPORT

Beaches Accordion Festival

Come out and enjoy the 7th Annual Beaches Accordion Festival, featuring loads of local talent. Dine and dance to accordion music while being entertained with square dance demonstrations. Information: (709) 677-2360 or visit beachesheritagecentre.ca.

JULY 19-25
TWILLINGATE

Fish Fun & Folk Festival

Twillingate is noted for its beautiful coastlines and iceberg sightings, but also its people! Every July the town celebrates with a full week of lively entertainment: a parade, craft fair, scavenger hunt, seniors' day; lots of

music and opportunities to dance till your feet hurt. Information: (709) 884-2174 or fishfunfolkfestival.com.

JULY 23-25
DEER LAKE

Strawberry Festival Days

Deer Lake Power Field comes alive with music, entertainment, games, concession stands and fireworks. But of course, it's really all about the strawberry shortcake! Information: (709) 635-2031.

JULY 24-25
FERRYLAND

Shamrock Festival

If you're in the mood for Newfoundland hospitality and entertainment, come to the Shamrock Festival to experience traditional Newfoundland/Irish music, song and dance. Information: 1-888-332-2052 or ssfac.com.

JULY 31-AUGUST 2
GOSLING LAKE

Labrador Canoe Regatta

Held annually on Gosling Lake, between Happy Valley-Goose Bay and North West River, Labrador, this is not a typical regatta—teams of six paddlers take their traditional voyageur canoes on a gruelling course up and down the lake. Information: (709) 897-7169 or e-mail janicemoneill@yahoo.ca.

AUGUST 6-8
MARY'S HARBOUR

Crab Festival

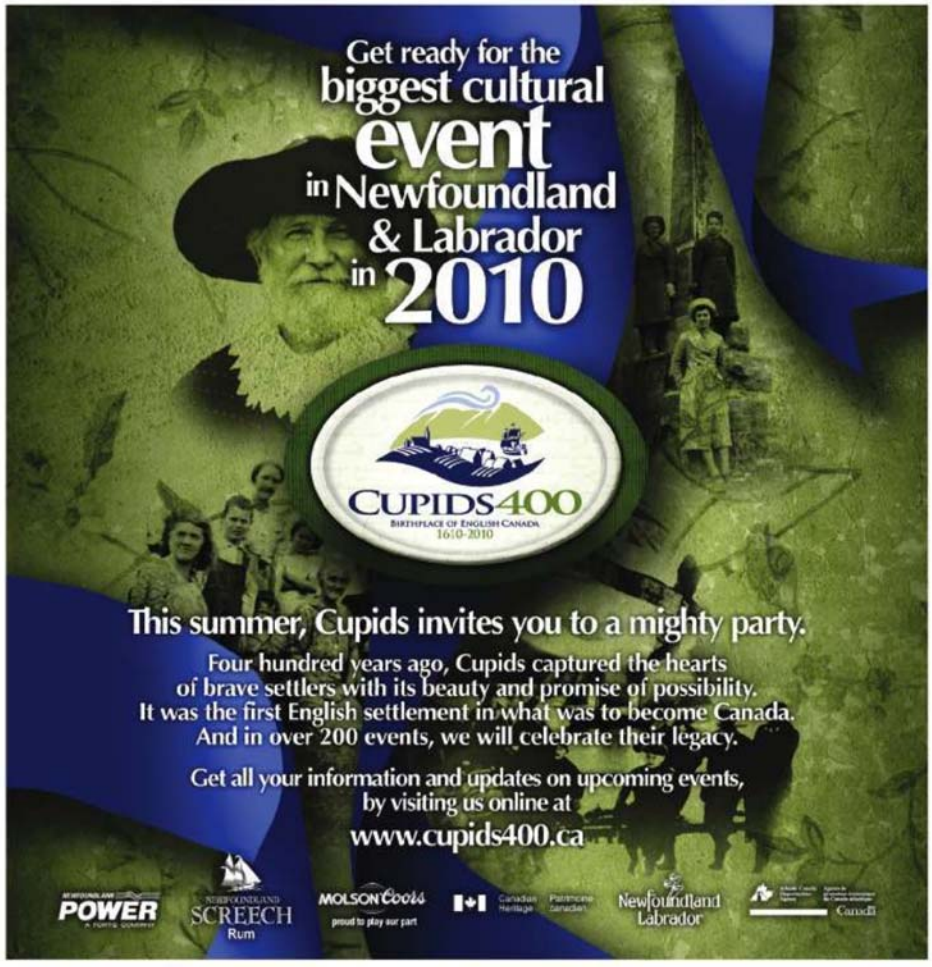
This annual celebration of the crab fishery offers entertainment for all ages; activities include dances, and the crowning of the crab king and queen. There are prizes to be won and canteen services are available, with beverages and barbecues. Information: (709) 921-6281 or e-mail maryshbr@nf.aibn.com.

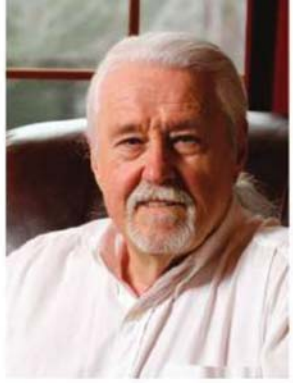
AUGUST 13-15
EASTPORT

Winterset in Summer

This unique literary festival is designed to celebrate writers! New and established writers talk about their works with celebrity hosts, including CBC Radio's Michael Enright. Bonus: readings, music, and great Newfoundland food. Information: (709) 677-2360 or wintersetinsummer.ca.

Note: dates and other event details are subject to change; it's advisable to call ahead. **For additional event listings**—or to list your community event—please go to saltscapes.com.





Staying home

We may be migrants, but we don't always migrate far

by Terry Punch

WHAT DO BOSTON, Yukon, Australia, New York, the Prairies and California have in common? Where the history of Atlantic Canada is concerned, the answer is "destinations." Tens of thousands of people from our region moved to those places in the past 200 years. Work, adventure, gold, cheap land—these were the lures that wooed and frequently claimed Maritimers and Newfoundlanders.

Being involved in genealogy in Atlantic Canada gives one a growing awareness of the millions of people in the US, across Canada and overseas whose roots trail through our region. It is a major force propelling multitudes of folks to comb our records for traces of their ancestors. Indeed, a substantial portion of our tourist trade consists of the descendants of people who moved out of the region.

When you attend family reunions or go online, it seems we are related to the world.

As I learn the stories of why people left, and why their great-grandchildren seek their roots in our soil, I wonder about another phenomenon.

I live in Halifax, yet have neighbours from New Brunswick, Newfoundland, Prince Edward Island and across Nova Scotia. I decided to look back to see the extent to which people moved within the region so that in a sense, they stayed home, or close enough to stay in touch regularly.

Since 1881 was a census year, perhaps four generations or so ago, I looked at that year as a yardstick. Some parts of the region had attained a degree of industrialization. By 1881 the children of the overseas immigrants of the 1830s and 40s were in the market for work. People of the immigrant era, especially those of rural heritage, regarded large families as desirable. Consequently, there was a surplus of young people in pursuit of a livelihood. Part of the solution was leaving the region.

But what about the folks who moved within Atlantic Canada? In 1881 the Maritimes had approximately 870,000 people. Of these, about 20,000 were Maritimers living in a province where they had not been born. Add to these the Newfoundlanders then living in the Maritimes and you have about three per cent of everyone.

If no one else had moved among these provinces ever after, and if you counted just three children for each two of those people, by 1981 there would be almost 120,000 descendants. But, of course, each year more people changed their province of residence, adding to the number of Atlantic Canadians with roots in another part of the region. Without indulging in more demographic arithmetic, I can say with confidence that one reason we have grown in the 130 years since 1881 has been our tendency to move while staying home.

Did Champlain start the trend when he shifted from St. Croix, NB, to build his habitation in Nova Scotia? Had native peoples anticipated this by centuries? How many Acadians at Beaubassin had been born in Port Royal? Many a Loyalist family started at Shelburne and wound up in Prince Edward Island or New Brunswick.

Consider the Irish fishermen who came out to the Grand Banks of Newfoundland, and later settled in Cape Breton or along the Eastern Shore of Nova Scotia. Tales are told of how the Highland Scots sorted themselves out geographically by religion and affiliation.

By the time shipwrights, caulkers, riggers and carpenters moved around the Fundy rim between Nova Scotia and New Brunswick, the trend had set in. Chester, on Nova Scotia's South Shore, is the ancestral home of families around St. Martins in New Brunswick. There are areas on the shores of Cape Breton near Ingonish where entire communities have scarcely a long-settled family that hasn't forebears from the south coast of Newfoundland. Prince Edward Island saw many of its sons and daughters emigrate to jobs on the mainland.

The Island is the ancestral home of one Joseph Smallwood, of some note in the history of Newfoundland.

Wait and see what happens when a community marks an important milestone. How many people from out-of-province will turn up at Tatamagouche, NS, this summer, celebrating the 300th anniversary of its settlement by the Acadians? Why wouldn't they? Their ancestors lived there. Their cousins who stayed in the region will be their hosts.

Yet another family party honouring the ties that bind Atlantic Canadians, wherever they live.

Dr. Terrence M. Punch is the author of the third volume of *Erin's Sons: Irish Arrivals in Atlantic Canada 1761-1858* (Baltimore: Genealogical Publishing Company).

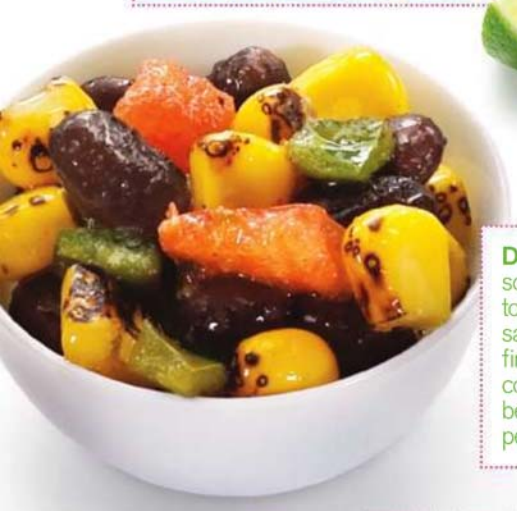
Do: Enjoy the tender seasoned chicken breast available crispy or grilled.

DO
BE BOLD AND FRESH

THE SUMMER LOOK

McDonald's® new fabulous Southwest Salad is in this summer and it's easy to see why.

Do: Savour the zesty flavour of the spicy chili-lime glazed chicken.



Do: Add some sass to your salad with fire-roasted corn, black beans and peppers.

DON'T
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Renée's GOURMET

Do: Dress with the best.

Do: Top it all off with crunchy tri-colour tortilla chips.

new Southwest salad

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DENNIS MINTY

The big dig

How newly upturned trees helped put an old colony on the map

by Keith and Heather Nicol

YOU DON'T OFTEN get a chance to meet people who are "real history makers."

We were in Cupids, NL, to meet Bill Gilbert, the archeologist who, in 1995, discovered the location of John Guy's historic 1610 settlement on Conception Bay's Avalon Peninsula—about an hour's drive from St. John's. His find makes Cupids, celebrating its 400th birthday this summer, the oldest British colony in Canada.

Gilbert has an easy, unassuming manner for someone who has made such a major archeological discovery. As we walk around the current excavations, he reveals how the discovery was made.

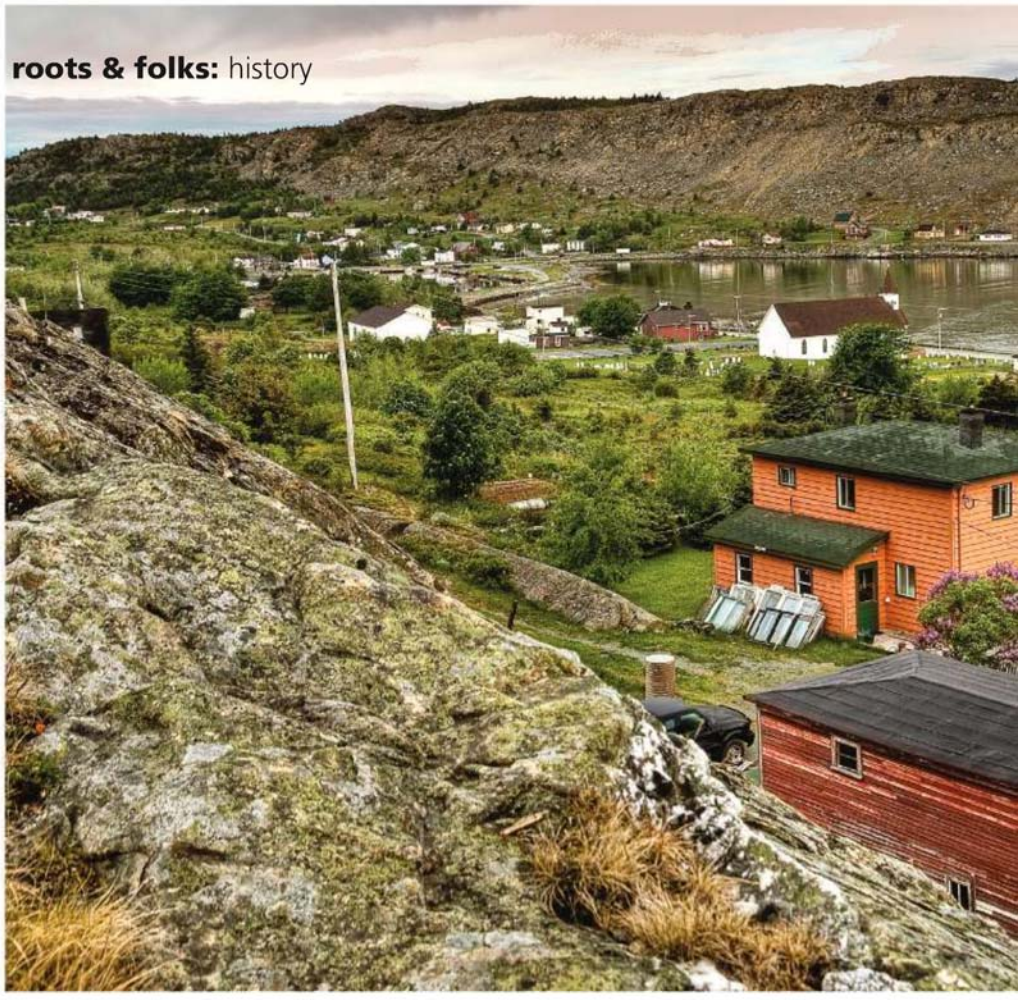
"In letters that John Guy wrote and in the diary of Henry Crout (another colonist), there were references that the settlement was near three landmarks, which we used to begin our search. It was on the landward side of a saltwater pond, 240 paces from a lake and adjacent to a small stream.

"Our first several days of searching didn't turn up anything but then we ventured up a terrace where there were upturned trees from a freak wind storm the previous winter. And, tangled in the roots of the overturned trees, we found pieces of 17th century pottery, bottles and clay pipes."

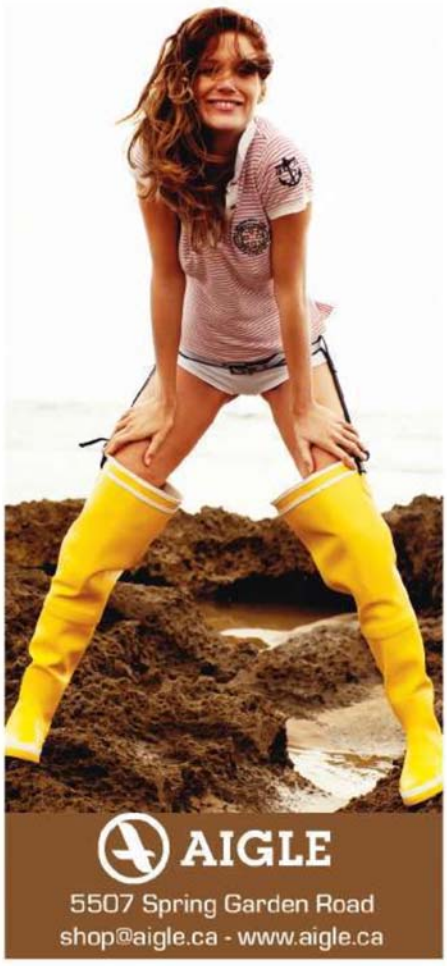
Who would have guessed a wind storm would help us pinpoint an important find like this?"

This was the start of the discovery of John Guy's settlement, which has been called one of Canada's top active archeology sites by *The Beaver, Canada's History Magazine* (recently renamed *Canada's History).*

John Guy, a Bristol merchant, sailed from England in July 1610. Joining him were 39 men, bringing grain and livestock; women came two years later. With a mission from what was most commonly known as the London and



The opposite side of the community, showing Cupid's Harbour. Page 21: a cairn on the top of Spectacle Head, a popular hiking spot.



Bristol Company to colonize the island for farming and fishing, by August that year, Guy began establishing the first English colony in what was then known as New Founde Land, calling the settlement Cupers Cove.

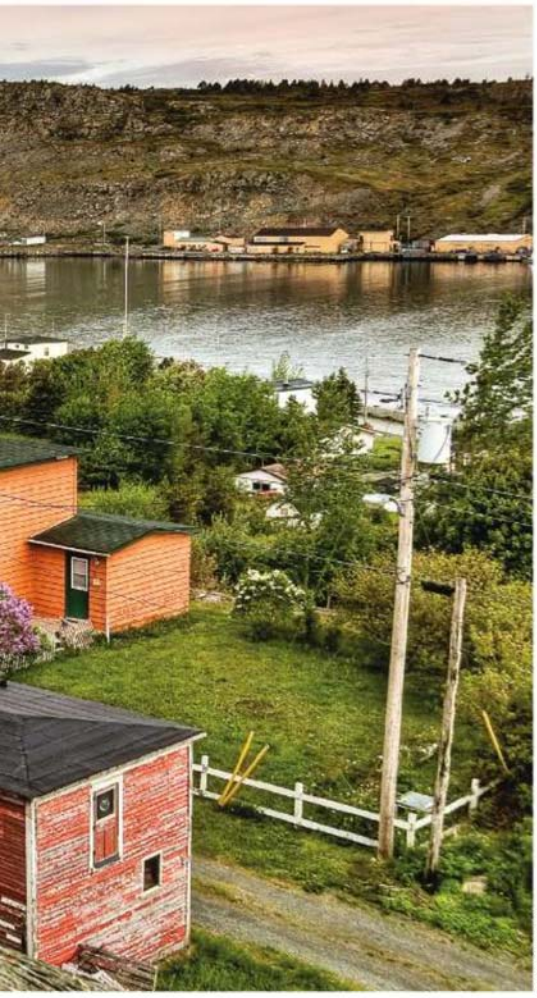
According to a letter Guy wrote in May 1611, the first several months were spent building and fortifying the settlement, and exploring the surrounding area. On March 27, 1613, the first baby was born—the first documented child to be born in English Canada.

Fast forward to 1994. Bill Gilbert was working on a Beothuk archaeological site in nearby Blaketown. There was a significant amount of media interest in what was being found, and this peaked the interest of the Cupids Historical Society—members asked Gilbert if he would come to Cupids the following summer to see if he could find John Guy's original settlement.

So he scheduled an eight-week field

PAT MACKEY

Bill Gilbert, the archeologist who discovered the location of John Guy's historic 1610 settlement on Conception Bay's Avalon Peninsula.



DENNIS MINTY

season in Cupids, and the rest, as they say, is history.

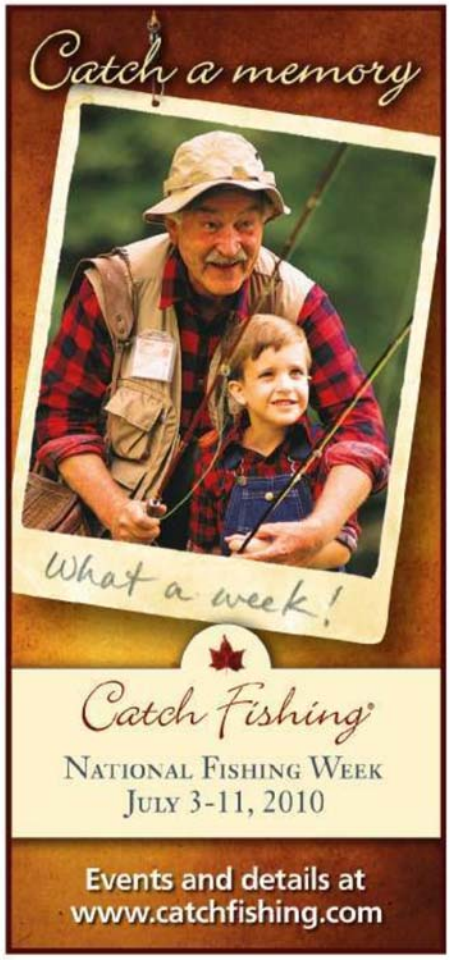
Testing the ground next to the uprooted trees revealed more 17th century artifacts in an area measuring 170 feet by 92 feet, just slightly larger than the enclosure reported by John Guy in 1610.

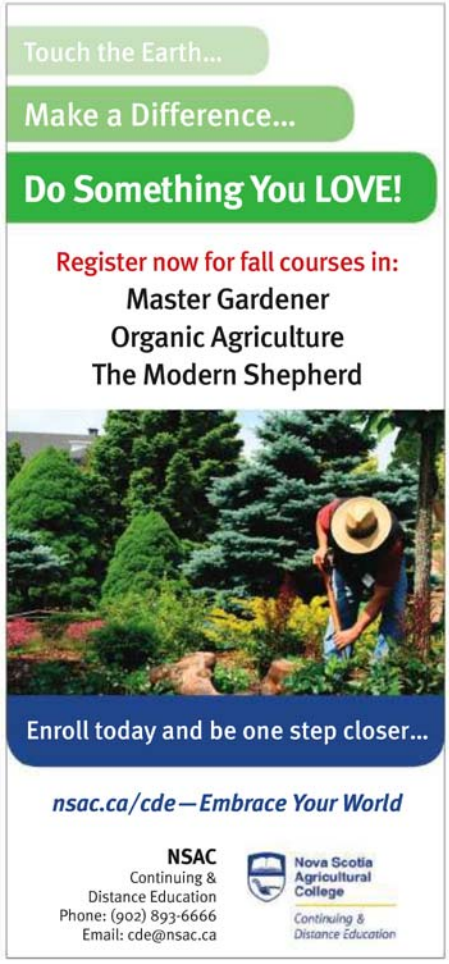
"Once we had defined the boundaries, we went into the middle of the site and dug a one-metre by 10-metre trench. We were hoping to find a building, and we were not disappointed.

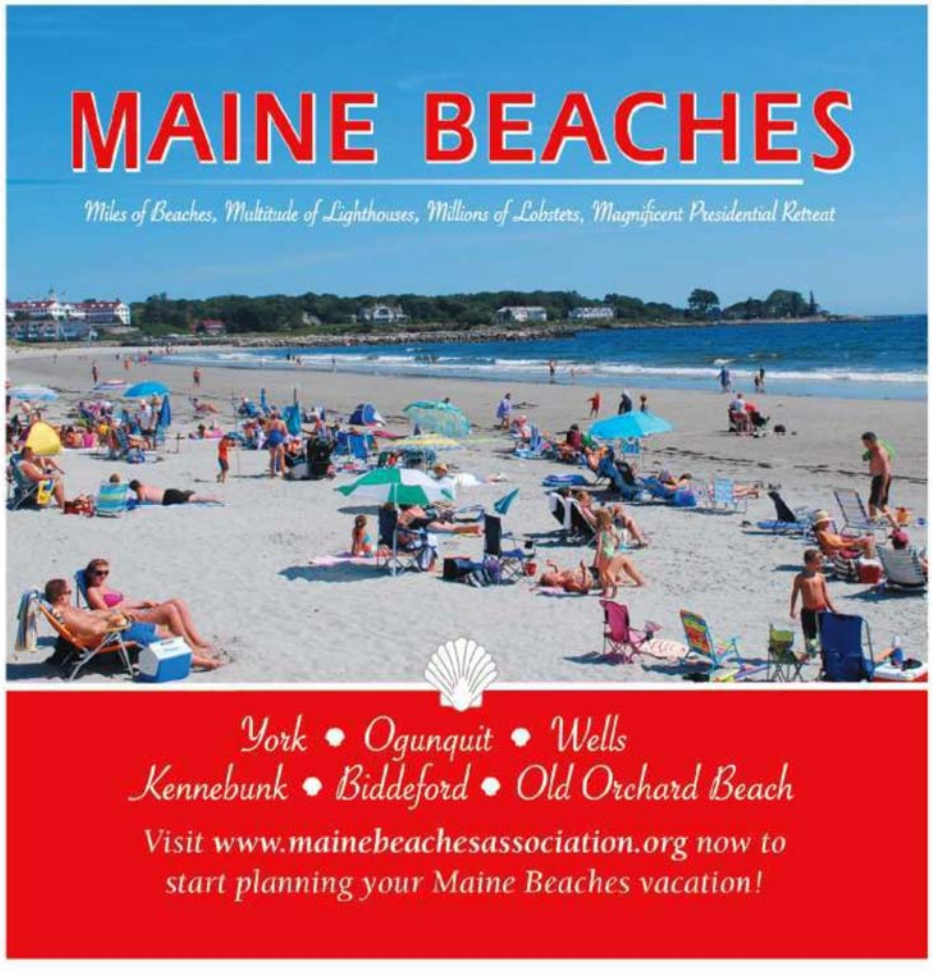
"We struck the corner of a brick-lined stone fireplace. The artifacts we found in association with this building indicated that it had been constructed in the early part of the 17th century. Over the past 14 years we have uncovered six buildings and 145,000 artifacts.

One of our most prized discoveries was a 1560 silver four pence, the oldest English coin ever found in Canada," he says, as we tour the site.

At that moment one of the volunteers







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- **Chicken** farmers follow National Codes of Practice; On-Farm Food Safety Assurance and Animal Care Programs.

Tropical Chicken Kebabs:
8 – 12 skewers (bamboo or metal)

Marinade:

1 Tbsp	soy sauce
3 Tbsp	lime juice
½ tsp	garlic powder
3 Tbsp	lemon juice
1 Tbsp	curry powder
½ cup	ketchup or chili sauce
½ cup	orange juice
2 Tbsp	liquid honey

Combine ingredients in a large bowl and whisk thoroughly. Divide the marinade between two zip lock bags.

1 lb boneless skinless chicken breasts
Cut chicken into 1.5 inch cubes and add to one bag of the marinade. Refrigerate for 30 minutes to overnight.

2 small sweet potatoes
1 yellow pepper
1 medium onion
2 cups fresh pineapple cubes
Scrub skins of sweet potatoes under running water. Pierce with fork and microwave 4-5 minutes on high or until the sweet potatoes are barely fork tender. Cool slightly and cut into 1.5 inch cubes.
Cut onion and yellow pepper into 1.5 inch pieces. Add all vegetables to second bag of marinade and turn the bag so the marinade coats each piece. Refrigerate for 30 minutes to overnight.

Prepare kebabs by threading each skewer with chicken, followed by chunks of potato, onion, pepper and pineapple. Preheat grill to medium high. Grill kebabs until cooked through, approximately 7-9 minutes per side, turning to cook evenly. Serves 4 people.

For more information and recipes call (902) 681-7400 or visit
www.nschicken.com

KEITH NICOL

The dig has produced 145,000 artifacts; some are on display at the Cupids Legacy Centre.

came running over to show Bill Gilbert a piece of pottery that had just been unearthed in the garden next door.

"We are finding new things every day and that is what makes this so exciting. One of our big discoveries last summer was a stone structure, which appears to have been part of a gun battery. Remember, they had to deal with pirates back then, and John Guy is reported to have mounted three cannon for protection.

"We plan to landscape the cemetery and erect a ghost structure (a frame outline) of the original building," Gilbert says.

Visitors can see archeology in action this summer—the site is open every day until October.

The Cupids Legacy Centre houses items from life in a rural Newfoundland fishing and farming community, as well as reconstructed artifacts, including ceramic vessels and glass bottles, from the dig. There's an interpretation and genealogical research centre, and an archeology lab, where you can see how a dig is done—seeing history in the making.

Well worth the visit

Besides seeing archeology in action, there's much to do in Cupids this summer—400th anniversary activities include concerts, theatre, soirees, lectures, storytelling and dances. Go to www.cupids400.com for a detailed lineup.

As a bonus, the area boasts some great hiking trails. Take a trek up Spectacle Head, the 300-metre slope dominating the view from the community. It takes 30 to 45 minutes to reach the top; the hill is well named since the view from the top is spectacular! You can see not only the community of Cupids, stretched out along the shore, but also over to the adjacent community of Port de Grave.

For a longer hike check out the Burnt Head Trail system, located near the Cupids Haven Bed and Breakfast (in the former St. Augustine's Church, with origins dating back to John Guy's colony.) This coastal trail winds past a sea arch (a natural rock formation caused by water and erosion) and four long-abandoned communities—only open meadows surrounded by scenic headlands and bays remain. You can do most of the trail system in one to two hours.

MARK RAYCROFT

Twists in an old tale

Coyotes maintain a balance in the order of things. Here's how to live with them—and why a bounty won't work

by Bob Bancroft

WALKING ALONE in the woods years ago, I looked up to see a coyote running straight at me. It was a tad unnerving; however the experience has helped me appreciate first-hand the recent concern about coyotes, particularly after the incident last fall when coyotes killed a young woman in Cape Breton.

It's important to step back to look at the bigger picture. And to understand how coyotes are part of a dynamic ecosystem with complex, adaptive networks in constant flux, it's helpful to look at other animals.

Many moons ago wolf packs roamed New Brunswick and Nova Scotia, hunting herds of caribou, moose and some deer. Europeans arrived and set about cutting down forests to make pastures for sheep, cows and horses. They hunted the caribou and moose, and as the wilderness waned, wolves turned to domestic animals for food. A great human wrath arose with an ensuing war against wolves, and land clearing continued.

The hills became silent. Shadows of wolves no longer flickered through the forests.

A hundred years ago in the mid-western US, a major effort was undertaken to exterminate wolves and cougars. Government and ranchers were the architects of the plan, and it was briefly successful. However in the absence of these predators, antelope, deer and elk populations exploded; overgrazing began destroying the vegetation, crippling the health of the land.

Wolves had kept elk out of valley bottoms—the elk began stripping the willows bare along waterways, making riverbanks vulnerable to erosion.

Wolves have recently been re-introduced into areas like Yellowstone, and willows are once again anchoring the streambanks.

By the late 1800s white-tailed deer from the south were spreading across New Brunswick and into Nova Scotia; some folks were introducing them at the same time. With only bears, bobcats and humans as predators, white-tails that survived the winters prospered in rural farm and forest landscapes, becoming the dominant wild grazer.

Heavy deer browsing year after year means that young hardwood trees are stunted, again with a series of effects. In some instances, we can't anticipate what all the effects will be.

MARK RAYCROFT

Eastern coyotes are bigger than their western cousins because they have interbred with wolves. They are relative newcomers to the region—with habitat changes in North America, such as land clearing, prairie coyotes expanded their range. They arrived in Atlantic Canada in the 1970s.

How to avert danger

Movement catches a coyote's attention. Running away can trigger a predator-prey response. Like dogs, coyotes sense fear. Stand your ground if you are approached. Get mad, not afraid. Shout. Throw a rock. If you have to, back off slowly in a direction where you can escape. Carry and use a walking stick, knife, air horn or whistle to maintain a confident stand.

Don't walk or run trails while listening to music. Earphones prevent you from hearing the warning growls of bears or coyotes, or grunts of a cow moose protecting her young. Don't leave pet food or scraps outside. Feeding coyotes causes them to lose their fear of humans, creating an expectation for more food and often spelling disaster.

THE EASTERN coyote loped into Atlantic Canada a few decades ago, with a DNA that includes wolf genes. Wolf packs kill coyotes, but it seems that lone wolves act differently. Larger than their western counterparts, they weigh in the range of 20 to 50 pounds; large males have tipped the scales at more than 80 pounds. Eaters of a wide range of plants and small animals, eastern coyotes also hunt in wolf-like packs to bring down adult white-tails. A coyote-killed deer carcass attracts bobcats, foxes, ravens, bald eagles and dozens of other wild animals for a feeding opportunity. Yipping and howling echoes throughout the hills.

Coyotes breed from January to March. Pups are usually born in a den sometime between March and May. Adults can live 12 to 15 years, but many never reach old age. Pairs mate for life, and remain together year-round.

Usually several dens are maintained in fallen logs, caves, enlarged fox dens (or even abandoned sport utility vehicles). If one den is disturbed, the pair will move their pups to another den. Youngsters disperse in August, roaming in an effort to establish their own territories. This renders coyote control rather futile.

A pair that stakes out a territory will eventually drive out other coyotes that might prove more troublesome.

Urban sprawl invades wildlife habitat, with the resulting backyards still attractive to some wild species. White-tailed deer, snowshoe hare, porcupines, ruffed grouse, mice, muskrats and many other species can flourish in housing developments where hunting and trapping is banned. Bobcats, foxes, coyotes and the occasional cougar now hunt the suburbs for wild game, as well as roaming dogs and cats.

Coyotes are most active at night, at dawn and at dusk. One evening, my wife, Alice, and I had finished working in the woods, and sat quietly by the brook until dark. Coyotes, unaware of our presence, suddenly erupted with howls and yips not far away in the inky blackness under the trees. We got up slowly, and the bedlam stopped. We walked deliberately out to the road and home. They didn't follow us.

I recall a scene from last March—the male coyote who claims the woodland here walked by. Two deer were on our south field; there were hares in the alders. There's no shortage of food or habitat. They leave us alone; we leave them alone in return.

Most coyotes cause no trouble. Should there be a bounty on black bears and moose because a few individuals cause harm to humans? What about a deer, bear or moose that hits a vehicle?

We should be identifying and humanely killing the problem coyotes instead.

Eastern coyotes are a part of a natural ecology that humans (and governments) cannot control. Females adapt to culls by having up to 19 pups instead of the usual five or six each year.

To live together successfully, humans and coyotes need to maintain a wariness of each other. Trappers and trapping can educate some animals to stay clear of humans, but live trapping and relocating offending coyotes is not effective. Released problem coyotes usually find more people.

The coyote that charged at me in the beginning of this story skidded to a halt about seven metres away, then turned and ran off. At first I thought it was all a mistake. Then it charged a second time, veering off at the last second. I was being tested as prey.

But I still believe the woods are safer than highways.

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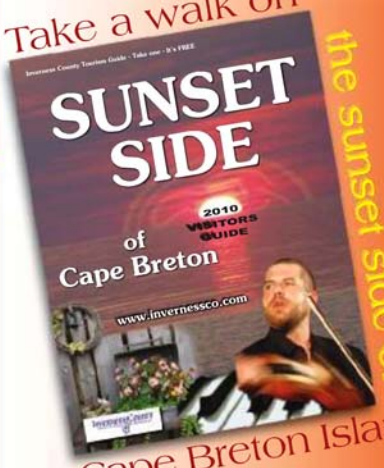

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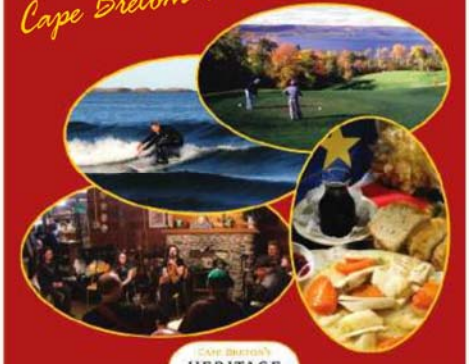

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ONE SHARK, TWO SHARKS

Overfished off Atlantic Canada to the point of being endangered, porbeagle sharks are now making a comeback, thanks to scientists—and fishermen

Story and photography by Dan Doucette

Smells of squid and diesel penetrate the salty breeze as the fishing vessel *Pic Pocket* motors south from Nova Scotia, land fading to memory. Captain Patrick Gray and crewman Victor Bain bait and deploy hundreds of hooks along a multi-kilometre longline, stretching far out of sight. It's repetitive work that's interrupted only when floats are added to suspend the gear at a targeted depth, or locator buoys to aide retrieval. Off the stern, shearwaters and gulls cut the expansive sky, jockeying for position as they grab at bait before it's pulled under—an occasionally fatal pursuit.

Normally this would be just another work day for the two commercial fishermen. The difference today is that Romney McPhie, a marine biology grad student, has joined them. As the crew work she sits by the gunwale, counting and recording details as every hook goes overboard. Together they're conducting a survey devised and led by Dr. Steve Campana from the Bedford Institute of Oceanography, in Dartmouth, NS, to better estimate how many porbeagle sharks roam Canadian waters. Ongoing research into the biology and abundance of these "fast, energetic and fascinating" fish is necessary to ensure that catches are sustainable over the long term, says Campana.

"Porbeagle sharks are one of the apex predators—the kings of the marine food chain. If we kill them all, strange things are likely to happen to the marine system. Among other things, the food chain could be disrupted—there could be rapid increases in the species porbeagles eat (bony fish like flatfish, lancetfish, mackerel and herring, and cephalopods, particularly squid), or equally likely, increases

in their competitors, such as seals.

"In other places in the world, the disappearance of sharks produced entirely unexpected changes in the marine ecosystem," he adds.

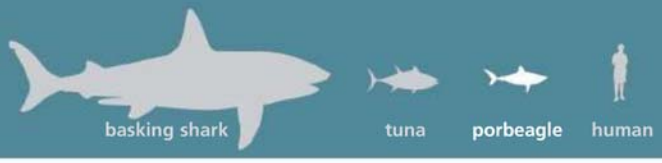
The porbeagle is one of 14 shark species common in Atlantic Canada, including the blue shark, sought after as a sport fish, and the mako and spiny dogfish, also part of the commercial fishery.

While we're on *Pic Pocket*, well over the horizon are five other boats with crews and biologists fishing just like us. From the US border, to Newfoundland and everywhere between, all are using standardized sets of gear to systematically fish at 50 survey stations, producing controlled data to reveal the abundance and distribution of porbeagle sharks.

Porbeagles are remarkable creatures related to the great white, sharing a similar body shape. Most measure 1.5 to two metres in length but occasionally some top three metres. They aren't often seen because they prefer cool water (5 to 10°C) and open ocean; however, occasional sightings close to land can cause quite a stir. They are not known to attack humans, but one look at their teeth suggests that a respectful distance should be maintained if encountered.

It wasn't long ago that porbeagles roamed the Northwest Atlantic in abundance. Intensive fishing of the shark dates back to the early 1960s, when Norway began operating longline vessels off Nova Scotia. The Norwegian catch, mostly sent to markets in Europe, peaked at approximately 9,900 tons annually before catch figures began to diminish, and the fishery collapsed, in 1967.

Stocks rebounded somewhat in the 1970s



"The porbeagle began to yield its secrets, allowing for better estimates of remaining stock levels" to the famed great white... its ability to keep its bodyfficient hunter"

and 1980s. However in the 1990s, a renewed commercial interest in the fishery, this time Canadian, depleted the population. Only then did Canada introduce its first porbeagle management plan, with quotas and regulations.

"The first plan came into effect in 1998, as soon as we developed our first stock assessment," says Campana. "By that time, the damage had already been done in terms of stock decline."

Nobody really knew much about the shark's life cycle or even how many were out there, which made it difficult to know how many could be sustainably caught. Marine biologists were enlisted; they sought the help of fishermen.

On land and at sea research teams measured, dissected, studied and recorded the sharks they caught. They analyzed volumes of historical catch records, determined mating grounds and tagged sharks to help reveal migration patterns.

They learned that porbeagles are slow growing and can live more than 30 years. It takes males eight years and females 13 years to reach sexual maturity—that's a long time to evade hooks, pollution and other threats before they've had a chance to reproduce. They have a low reproductive rate, producing litters of one to five pups per year.

Water-level view of a porbeagle.

Each discovery added a new piece to the puzzle; the porbeagle began to yield its secrets, allowing for better estimates of remaining stock levels.

Today, through regulations and fishing quotas, the species has slowly started to recover, although Campana estimates the population is still only 20 to 25 per cent of its pre-1960 size. A total of 185 tons of porbeagle sharks are now fished each year off Nova Scotia. A handful of licenses also go to fishermen in Newfoundland, New Brunswick and Quebec.

Fishermen have no problem filling their small quotas, and some lobby for an increase, believing that stock levels are underestimated. More comprehensive information will help bring all parties to an understanding, but how do you determine the number of sharks offshore? This is where surveys prove their worth; they're considered the most accurate method to estimate oceanic predator populations.

Campana, his staff, and commercial fishermen conducted Canada's first East Coast shark survey in 2007, and the second in 2009. When successive results are compared, the surveys reveal overall trends and changes, and these two sets of data will eventually be compared within the larger context of future surveys in order to track long-term trends and facilitate management decisions.

Back on *Pic Pocket*, things are slow; hundreds of hooks have been retrieved without a single shark, and I've seen enough squid to last a lifetime. McPhie, sitting on a small folding chair, faithfully records each hook as it comes back empty. Captain Gray tells us that just a few weeks earlier while on a training trip with the survey biologists he had no problem filling his boat with sharks.

Suddenly there's a commotion. A large form rises from the depths and a gunmetal gray shark struggles at the surface. Everyone scrambles and water splashes as the crew reaches overboard and gaffs it. In seconds, the porbeagle is secured and hoisted aboard.

McPhie goes to work while the crew keeps pulling the longline. She measures and records specific details, including size, sex, what hook it was on, and how deep that hook was

fished. Similar data from each catch will shed light on overall feeding patterns, distribution, and growth structure. She works fast; the next shark could be just a hook away.

Months later, at his lab in Dartmouth, Campana shows me data he's extrapolated from each station, indicating an approximation of shark density, distribution, and size structure for the surrounding areas. It's interesting but even more fascinating are the results from sharks that were tagged and released.

While most sharks caught during surveys were sold at market, a number of individuals—healthy, energetic, mature and usually female—were tagged and released with sophisticated devices that monitor their position and depth for months before transmitting the stored data to a satellite.

This unprecedented look at the actual movements of porbeagles as they meander through the Northwest Atlantic has led to many of Campana's greatest advancements in understanding porbeagle biology. Just recently the tagging has revealed that pregnant porbeagles migrate a couple thousand kilometres south—well beyond their previously known range—to give birth in the Sargasso Sea, and that the sharks dive below 1,000 metres, presumably in search of cool water.

Fortunately the porbeagle is not a lost cause. Although stocks are depleted, progress is ongoing, thanks to the partnership of fishermen and scientists to study this vulnerable species. Industry cooperation and funding has been forthcoming as fishermen realize that long-term sustainability is in their profession's best interest. For them fishing is not just a job but a traditional way of life that needs careful management, if it's to continue.

After hours of pulling hooks aboard *Pic Pocket* the crew land a handful more sharks; McPhie records the specifics of each. Then a spectacle erupts that symbolically mirrors the greater struggle. A large porbeagle is hooked and thrashes wildly on the surface as the crew scramble for their gaffs. At the last second it breaks free with a powerful surge of the tail, and disappears back into the depths to feed and mate another day. Such is the tale of the porbeagle: all but gone a few decades ago, only to have things turn around at the last minute, and now on the road to recovery.

Dusk and dawn are sharks' preferred feeding times, so longlines are often set just before sunrise and sunset. Top: Vic Bain deploys a hook baited with squid. Above left: the shark is hoisted aboard. Above right: biology student Romney McPhie takes measurements.

Nova Scotia lags behind the other three Atlantic provinces in highway signage policies

Are we there yet?

by Joanie Veitch

A visiting young couple from Europe (he is Dutch, she is English) head out in their rented vehicle from the beautiful Margaree Valley for a tour of the world-famous Cabot Trail. Their impressions upon return are eagerly awaited by their hosts.

But they're singularly unimpressed.

"What's with all the signs? They're everywhere. It's so ugly … 10 kilometres to a craft shop, five kilometres to the craft shop, two kilometres to the craft shop, 100 metres to the craft shop. We couldn't believe it. Why do you allow that?"

Why indeed.

Now, switch locations.

In one of the most iconic places on the planet, a small, plain green sign says simply "Loch Ness." That's it. No "monster burger" joints, no "monster" theme parks—in fact, nothing. It's not allowed. The scenic integrity of the Scottish Highlands is scrupulously protected by law.

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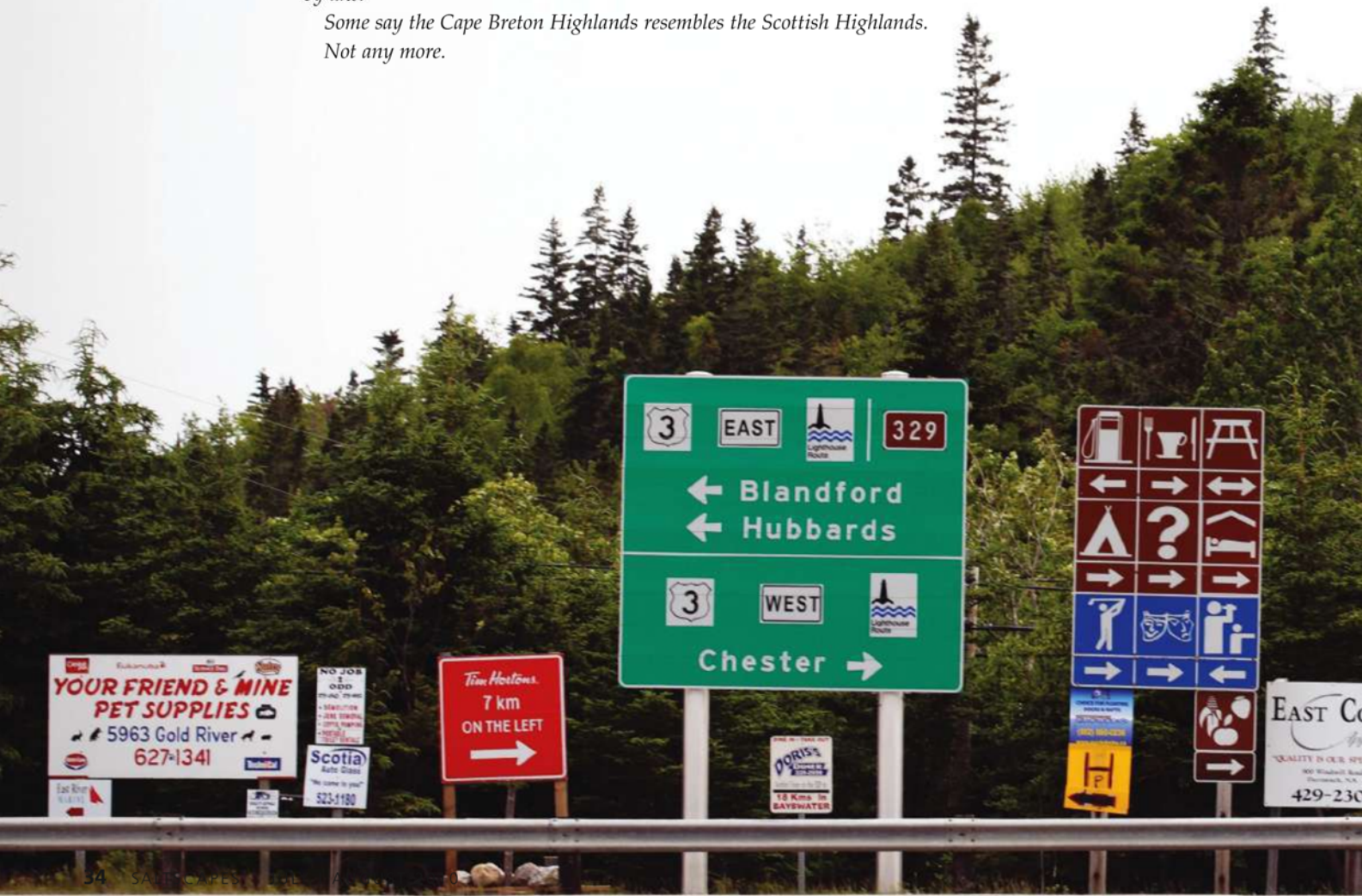

It's a beautiful day in Nova Scotia. Itching for a change of scenery, urban day trippers head west on Highway 103 to the province's South Shore. Many take exit 10 as the most direct route to Mahone Bay, a pretty seaside town just a 60-minute drive from Halifax.

Off the main highway, cars wait to turn right at the intersection with Highway 3, where a short drive takes them past Mahone Bay's three churches at the head of the harbour and onto the main drag, colourful with its cafes and boutiques.

Paralleling part of the 103 by meandering along the coast, Highway 3 rolls out some of the province's most iconic views. It also offers up something else.

Signs of all shapes and sizes are peppered along this coastal roadway, some staggered, others in clumps—often on both sides of the road. The stretch coming into Mahone Bay is bad. And for those who carry on another 14 kilometres down the road to Lunenburg—a UNESCO world heritage site—it's just the same. Maybe even worse.

Ron and Mary Macnab, a retired couple from Dartmouth, NS, who love to drive their 1986 Volkswagen van off the main highways and onto back roads as often as they can, view Highway 3 as one of the worst in the province for signage.

"As soon as you get onto the old highway, it's an awful array of signs," Mary says. "It's an absolute abomination."

"I can't imagine they actually work in terms of marketing; you are saturated with them, and many are about events that have already passed," Ron adds.

As a secondary road, Highway 3 isn't subject to the same signage regulations as the province's 100-series highways. As long as signs don't block drivers' sightlines or contravene municipal bylaws, businesses are free to post signs as they see fit, says Brian Storrie, highway signage officer with Nova Scotia Transportation and Infrastructure Renewal, where he has worked for 40 years.

"It's wide open. It's a situation that has led to some advertising clutter, for sure."

Nova Scotia has 14,020 kilometres of paved highways. Although signs can be a welcome sight for weary travellers looking for respite, too much signage can create what some call "visual pollution." It's a safety concern as well, Storrie says. "A sign that is not planned right can cause everything from a fender bender to a serious injury or fatality. Too many of them can definitely cause a safety hazard."

Until July 15, 2001, when the government introduced amendments to the Public Highways Act, the rules governing highway advertising signage dated back to the 1960s, and business signs had proliferated to the point that Nova Scotia's roadways were regarded as a free-for-all.

In 1998, following complaints from organizations, tourism operators and individuals—many contending the situation

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Mary and Ron Macnab, of Dartmouth, NS, love to drive on Nova Scotia's back roads. They see Highway 3, shown on pages 34-35, as one of the worst in the province in terms of visual pollution. "It doesn't set visitors up for a good experience," Ron says.

was hurting the province's reputation as a scenic touring destination—the government said it would provide leadership on the issue and develop a new policy. "We have an obligation to provide directional signage for the motoring public... We hope to establish some consistency in our overall approach," said Clifford Huskilson, then minister of transportation and public works, in a press release dated July 17, 1998.

Armed with a discussion paper recommending a Tourist-Oriented Directional Signage model (TODS)—a widely used approach that permits only tourism-related businesses to place signs along provincial roadways and in a standardized, consistent format, in effect on Prince Edward Island, in New Brunswick and most recently, Newfoundland and Labrador—the government launched a public consultation process. After two years—and a change from a Liberal government under Russell MacLellan to the Progressive Conservatives, led by John Hamm—a committee representing government, industry associations and private businesses drafted a new policy with broad support, which included the Tourism Industry Association of Nova Scotia (TIANS).

The full scope of that policy never came to fruition. Unwilling or unable to identify how it was scuttled, current TIANS president Darlene Grant Fiander says that the result was not the comprehensive signage policy that many had envisioned. "That committee came up with some very good solutions, dealing with both the business and environmental aspect of what was needed, but it was never fully implemented."

New regulations did come into effect on July 15, 2001. Along with various signage programs for the 100-series highways, the main change for private businesses was that advertising signs on controlled-access highways would now have to be 1,000 metres off centre line. In an effort to appease businesses who already had signs up, about 150 signs that did not meet these new standards were to "transition" to the new regulations over a period of time.

That approach has lead to confusion and inequity for businesses, contends Darlene Grant Fiander, who says TIANS' understanding was that those signs would remain for a grace period of between one and five years. As it's turned out, she says, not only have some of the original signs not come down, a few new ones have gone up without repercussion.

"It's an uneven playing field," she says.

In a letter written last fall to Bill Estabrooks, minister of transportation and infrastructure renewal, Grant Fiander and Danny Morton, TIANS chair, asked for a review of the signage issue, stating: "The recommendations around the billboards, from the last provincial study, have not been implemented and this has resulted in a very haphazard and unfocused approach to commercial advertising. From a tourism perspective, there are issues around guidelines and access to a marketing medium, as well as concerns with the environmental aspect regarding the image of the province."

John Pothier, owner of Pothier Motors, an auto dealership in Falmouth, NS, is one of the business operators allowed to keep his signs on Highway 101 after the new regulations came into effect in 2001. When his two signs—each costing him about $10,000—were damaged in a windstorm last fall, he received a notice from transportation and renewal to remove them. To put new signs up, Pothier says, he was told he'd have to follow the new regulations and have them 1,000 metres from the centre line. "You'd need a pair of binoculars to see them if I put them that far back. They'd be in the Avon River so I guess I'd have to float them."

After hearing of Pothier's situation, Chuck Porter, MLA for Hants West, introduced a private member's bill this past April, calling for an amendment to the regulations so that people like Pothier can modify or replace their signs. Under the current legislation the face of signs that were "grandfathered" can be maintained or replaced, but the basic structure has to remain intact for the sign to be allowed to stay.

"This just doesn't make any sense. If we are to support businesses then we have to allow them to advertise. If it's the opinion of the business owner that a sign on the highway is beneficial, then I want to support that—that's what this amendment is about.

"Putting it 1,000 metres off the road now…well if I've got to strain to see that lovely sign there might be a safety issue then. Our biggest problem here is that there's no consistency on signs.

"They want to talk about signs as a safety issue, but as someone who worked for many years as a paramedic, I can't recall a sign ever being such a distraction that it's caused an accident," says Porter.

What's a business to do? Pacrim Hospitality, Atlantic Canada's largest hotel operator, has developed properties across Nova Scotia, many of which are fewer than 10 years old. "We plan to develop further hospitality-related businesses," says Pacrim CEO Glenn Squires.

"While businesses that have been open longer than 10 years may have billboards that have, in some cases, been grandfathered, Pacrim is unable to utilize this form of advertising in many areas. We believe there should be a uniform system of highway signage that creates an even playing field—a pro-

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PERRY JACKSON

Cape Breton business owner Ivan MacLeod: sign maintenance is a pet peeve.

vincially mandated, regulated and uniform system that is fair to everyone and aesthetically appropriate would be the most effective way to resolve the current unsightly and unbalanced highway billboard policy, or lack thereof."

According to researcher Alison Smiley, president of the Toronto-based Human Factors North Inc. and the consultant hired by New Brunswick when that province opted for a Tourist-Oriented Directional Signage program in 2001, when driving down the highway at more than 90 kilometres an hour, you have just six to 10 seconds to locate and read a sign; it takes about one second to read each word or symbol on it. Whether it's a directional guide, tourism attraction or private business advertisement, less is more, and consistency is critical—it's much easier to spot consistent signage, Smiley says. "It has got to be simple. It is easy to overload people when they're moving down the highway at 30 metres per second."

Less is more—that's the approach PEI took nearly 40 years ago when it got rid of billboards and other business advertising on roadways. "Our viewscape is very important to us. The signs just clutter up the view," says Thom MacMillan, president of the Tourism Industry Association of PEI, and owner-operator of several tourism businesses in the Cavendish area. "I'm sure businesses fought it tooth and nail when it was implemented, but now it's just the way we do things. We get a lot of comments from visitors about how nice it is to not have advertising signs all over the roads."

After extensive consultations in 2008, the Newfoundland and Labrador government announced its plan to eradicate billboards in favour of a standardized Tourist-Oriented Directional Signage model as well, allocating more than $400,000 in last year's budget to remove illegal signs under existing regulations in preparation for rolling out a new signage policy.

Regardless of the system, enforcement and maintenance are key. Maintenance of signs is one of Ivan MacLeod's pet peeves.

JOHN SYLVESTER PHOTOGRAPHY

PEI has adopted the TODS model: consistent signs, for tourism operators only. "Our viewscapes are important to us," says one PEI business owner.

Signs of the times?

The Tourism Oriented Directional Signage (TODS) model, the primary highway signage system used throughout Canada, the US and many international jurisdictions, permits tourism-related operators—businesses with tourist attractions or services for motoring tourists—to have signage along provincial roadways and in a standardized, consistent format. PEI has had a TODS system since the early 70s; New Brunswick since 2001; Newfoundland and Labrador initiated the move to a TODS system in 2008.

A key component is that signs are restricted to tourism operators, rather than open to all businesses—the signs are said to be directional (providing direction and distance) rather than promotional.

Advocates of the TODS system say provincial highways are not intended to be a promotional or advertising corridor for businesses; that providing clear signage to regional attractions, historic sites and other tourism-related businesses is good for all businesses in a region; and that too many signs serve only to distract motorists and make all signage less effective.

As a cottage and campground owner-operator near Inverness, Cape Breton, MacLeod relies on two hand-painted signs on either side of town to direct people to his site. Every fall, he takes them down and every spring he freshens them up before putting them up again.

"It bugs me that so many people have seasonal businesses but keep their signs up year round. They end up looking awful. The upkeep is a big part of signage."

MacLeod remembers attending the province's consultations on highway signage back in the early 2000s. It was a contentious issue then, and despite advances in GPS technology, making signs less necessary than they once were, signage remains a thorny topic, he says. As both a tourism operator and someone who loves to set off on a road trip with his wife and two young sons in the off-season, he sees both sides.

"As long as they are well-maintained, signs are helpful for advertising and directing people to your location. But if I were to step back and look at the whole scheme of things, I do think there are too many of them," he says. "It's definitely a problem we need to deal with and from what I've seen, Nova Scotia doesn't have an answer yet."

Country Roads

PEI's red clay roads may provide a bumpy ride on the otherwise gentle Island, but they also offer a trip down memory lane

photography by Barrett & MacKay
story: Heather White

They had a rule. Get off the highway; turn left and then turn left again, and see where you end up. Early one PEI summer after a wet spring, they turned onto a long-stretching clay lane, extending into apparent infinity.

"You'll get stuck on this road," his grandfather said, wary of the mud.

"I'll get stuck if I try to turn around," he said.

A few minutes passed.

"As pretty as a postcard," his grandfather said, momentarily forgetting about getting stuck.

Most of the road trip blurs together, but an intersection of beauty and emotion makes an impression, standing still like a snapshot in time.

Bungay Road. Opposite: Clyde River

Landowners add to the views with their colourful, quirky mailboxes, perhaps the equivalent of "Kilroy was here"

St. Catherines

Of course, PEI's red clay roads are postcard pretty, if not in the conventional sense. Hardwoods such as maple and red oak intersperse with softwoods like spruce and hemlock, providing contrast and depth. The tree canopies, or allées, are reminiscent of a French château that's forgotten its formality; they offer dappled passage on a promenade and enrich the view, which may include new and abandoned farmsteads, or the remnants of bygone businesses such as sawmills.

The roads are wildlife corridors for foxes and snowshoe hares; roadside bushes provide nesting sites for songbirds.

The terrain itself is varied: there are hills, twists and turns; fields of grain and potatoes alternate with woodland, and the promise of an ocean view. Wildflowers like lupines and daisies, black-eyed Susans and Queen Anne's lace offer swaths of blooms in open expanses, while ferns, trillium and pink lady's slippers, PEI's provincial flower, thrive in the understorey of the trees.

Vignettes of tidy farmsteads could be straight from a child's brimful storybook—such as *Anne of Green Gables*.

Landowners add to the views with their colourful, quirky mailboxes, perhaps the equivalent of "Kilroy was here." Eclectic, functional works of folk art stand sentinel at well-tended rural driveways, contrasting with the anonymous metal superboxes en masse in suburbia. Live on a scenic, red clay road? Why not hand-paint a pair of hummingbirds across the mailbox. It's a lark!

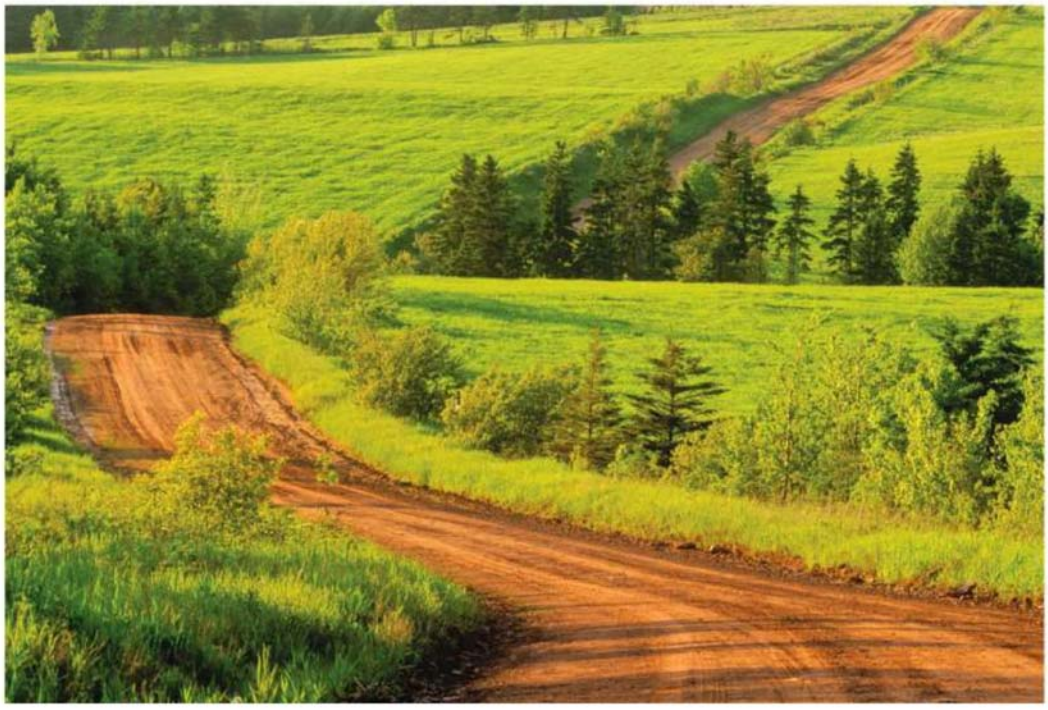
Or how about making one in the design of a church, a lobster trap, a tractor? They're all icons of Island life, and provide a sense of individualism and pride: the signature or creative expression of the homeowner's industry.

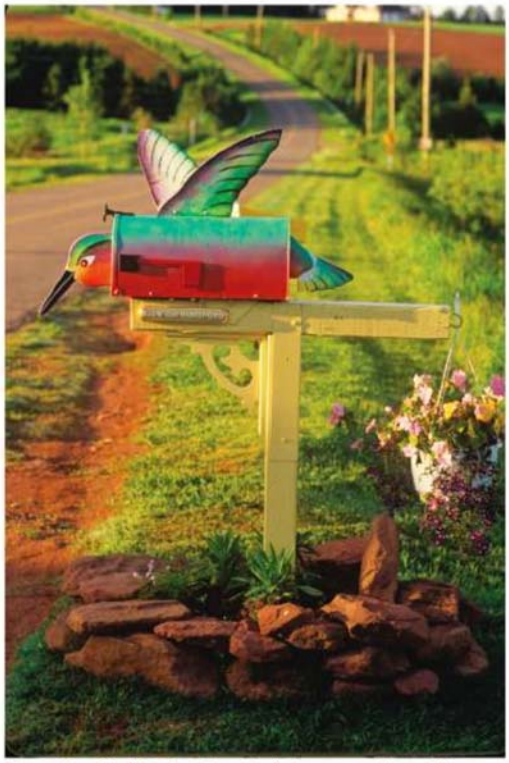
While manicured lawns and paved roads came with industry and urbanization, unpaved or dirt roads—made from the subgrade material of the land they pass through—are still common in rural areas of many countries, and in metropolitan areas of developing countries.

In PEI, the most rural province in Canada, it isn't just that roads haven't been paved. Many are protected from being paved.

In 1987, the provincial government passed regulations to limit activities at odds with "preserving some of these scenic and cultural

The roads are rich in stories as well as in iron





Opposite: York Point. Top: Park Corner to Long River

refuges;" as of 2005, 11 roads—encompassing approximately 33 kilometres—have been designated Scenic Heritage Roads. There are five additional old, unpaved roads offering people a stroll (or drive) down memory lane.

Adjacent landowners have helped to preserve the ecosystems: in 1987 many entered into agreements with the Island Nature Trust to protect a strip of woodland or hedgerow beside the government right-of-way. However, the agreements have expired, and were not renewed or replaced.

"Some landowners still voluntarily preserve the buffers," says Jackie Waddell, executive director of the Island Nature Trust. "Other landowners are now clearcutting through to the right-of-way."

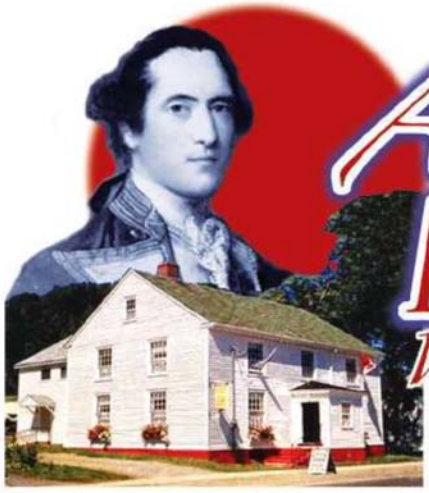
And yet, people come from all over to travel down the lanes with lovely canopies, navigating the natural heaves and ruts of the compacted iron-rich soil, steering around the omnipresent, hulking farm machines that trundle over red clay passageways—still—all their working lives.

The roads are rich in stories as well as in iron. The two-kilometre-long Perry Road, near St. Patrick's, in central Queens, has a significant crook midway along: the first section of the road was purchased from a landowner politically aligned with the government of the day; the government was defeated while the road was being constructed, and work was halted. The last section was acquired from a different landowner, aligned with the new government—and on the opposite side of the road's original trajectory.

Klondyke Road, in Iona, had a different type of work in progress: during the 1920s and 30s rumrunners would steal along the road under cover of darkness, hiding their contraband in a secure place, marked by a rag tied to a tree.

Today, if you see a rag tied to a tree on Klondyke Road, you may find something to help you embellish the Island's rich history, augmenting the canon of charm and character of PEI's country roads.

For more information about PEI's Heritage Roads please go to tourismpei.com/pei-scenic-heritage-roads. For information specifically about cycling and hiking on these roads, please go to islandtrails.ca, and click on Heritage Roads in the left-hand column.



Admiral Digby MUSEUM

Where the Past is Present!

DIGBY, NOVA SCOTIA

Housed in a mid 1800s Georgian home, the Admiral Digby Museum features period rooms containing artifacts, and archives that relate to the interesting Maritime & Pioneer history of Digby Town/Digby County, its people and industries.

The Admiral Digby Museum is operated and maintained by dedicated volunteers who are the Board of Trustees of The Admiral Digby Library & Historical Society.

During the summer months, we are pleased to provide student employment for up to four individuals. The Admiral Digby Museum is a registered charity.

We depend on several functions to provide the necessary operating funds to see us through the year. These are:

- ***Heritage Open Tailgate Market*** *is in its second year. will be Open every Tuesday from June through to October and features locally- grown products (organic where ever possible) & crafts.*
- ***SAILabration,*** *being held July 30th & 31st is a great event for the whole family. It is the preeminent annual fund raising event for our museum.*
- ***The Tea Room!***
  In July, stop in for Tea and enjoy strawberries & cream on a home-made scone. During August we will feature blueberry and cranberry muffins. Open Wednesdays & Fridays from 2:00 to 4:00 P.M. Admission is by donation.
- ***"Ebb and Flow"*** *is a very special inaugural event being held to establish our "Building Fund Program". Performance artist Holly Carr, accompanied by a bevy of local talent will create a 16 foot painting live, inspired by the music and lure of Digby Harbour. The performances take place at the Digby Community Theatre on September 25 at 2 P.M. and 7P.M. Admission is $10.00 in advance or $12.00 at the door. All proceeds go to The Admiral Digby Library & Historical Society.*

On behalf of all board members & volunteers, I extend a very sincere invitation to all, to come and visit our town of Digby Nova Scotia and the Admiral Digby Museum.

Angela O'Neil
President

Holly has gained national acclaim for her unique style of silk painting. She has participated in numerous group and solo shows and has designed for theatre productions and public installations. In recent years Holly has branched out in to performance art, where she paints large works live on stage. Working with numerous musicians and performers including a cross-Canada tour with Stuart McLean and the Vinyl Café, as well as performances with world renowned violinist Min Lee in Singapore and the National Art Center Orchestra in Ottawa. Holly recently had successful performances with the Winnipeg Symphony Orchestra in November2009, and Symphony Nova Scotia in February 2010. Her work can be found in numerous private and corporate collections.

For more information on Holly; www.hollycarr.com
Contact Holly ; mail@hollycarr.com , Phone: H (902) 582-3309 C (902) 698-0433

"Moon and Mermaid"

For more information visit our web site: www.admuseum.ns.ca or call Sheryl at 1-902-245-6322

Kitchen Party

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The cottage chef

Keeping it simple does not mean sacrificing flavour… you still need a few convenient crowd pleasers

by Alain Bossé
photography: Perry Jackson

COTTAGE LIVING: two simple words that make me feel both wistful and nostalgic. Wistful because my schedule and the location of the cottage—on the border of New Brunswick and Quebec—make it a challenge to visit on a regular basis. And nostalgic because the tally of memories is a long as the wake left by the boats cruising up and down Lac Jerry.

My family's cottage is not grand, but it's typical of the era in which it was built, in 1964. It started small and evolved over the years as spouses, grandchildren and finances dictated. But no financial value can be placed on what happened during those magical summers of my youth. During the day I was carefree and unencumbered. I swam, boated and kept a close eye on my older brother and two sisters, whom I idolized. At night I fell asleep to the lullaby of rain on the roof, or a symphony of peepers.

After the Victoria Day Weekend, or whenever people open their cottages, a temporary change in lifestyle comes with the temporary change in address. Heavy clothing is replaced with lightweight cotton, and flannel sheets are shuffled to the back of the linen

closet. Cold-weather meals that are protein- and starch-based are replaced by lighter fare that will beat the heat and keep us cool.

But one thing doesn't change no matter our locale: the age-old question, What's for supper?

Being at the cottage can sometimes present its own set of challenges—kitchens may be small and appliances limited; the grocery store may be a distance away. By mealtime the kids are hot, tired and just plain picky. It's not surprising that people turn to the same old—I'm willing to bet that sales of hamburgers and hotdogs skyrocket during the months of July and August!

Ideally, a cottage meal should be simple but not sacrifice flavour. No one wants to spend a warm summer's night tied to a sink full of dishes, so one-pot meals become a lifesaver. I prefer a meal cooked on the stove or barbecue rather than in the oven… it's simply too hot. If your barbecue doesn't have a side burner, you can use the grill as a cooking surface, but don't use your best cookware for this (the flames are hard on the bottoms).

Cottage living is about making the most of what's around you: think farm stands, local wharves and roadside markets.

Hodge Podge

One of my favourite cottage (or anywhere) meals is Hodge Podge, because of the simple preparation and huge payoff in the flavour department. Whereas sometimes Hodge Podge is more of a soup, this recipe combines fresh summer vegetables with a buttery cream sauce.

- 2 cups (500 mL) baby carrots
- 2 cups (500 mL) new potatoes
- 1 cup (250 mL) green beans
- 1 cup (250 mL) yellow beans
- 1 cup (250 mL) sugar snap peas
- 1 cup (250 mL) heavy cream
- 1/4 cup (50 mL) butter
- 1 tsp (1 mL) flour
- 1 cup (250 mL) chopped fennel (optional)

Clean vegetables; trim ends of carrots, beans and peas. In a large pot bring 4 cups (1 L) water to a boil. Add vegetables and cover. Reduce heat to medium and cook vegetables until tender.

Meanwhile in a small saucepan bring cream and butter to just below the boiling point. Whisk in flour, and continue to stir until slightly thickened.

Drain vegetables, reserving 2 cups (500 mL) of cooking liquid. Add to cream mixture, and pour over vegetables. Garnish with chopped fennel (optional).

Famille Bossé Italian Deli Sandwich

If you want to offer a self-serve, grab-and-go lunch, allowing people the flexibility of taking a picnic to the beach or milling about and socializing, deli subs are an excellent choice—my mom always made an Italian deli sub, still a tradition today. Unexpected company would often drop by; there was always enough to feed a crowd. Here's a shopping list.

- 12 hamburger buns
- 1 pound (450 g) sliced salami
- 1 pound (450 g) sliced pepperoni
- 1 pound (450 g) sliced pastrami
- 1 pound (450 g) sliced provolone
- 2 medium green pepper
- 2 medium onions
- 4 medium tomato
- 4 dill pickles, sliced
- 2 heads leaf lettuce
- Mayonnaise
- Prepared mustard
- Tabasco
- Salt and pepper

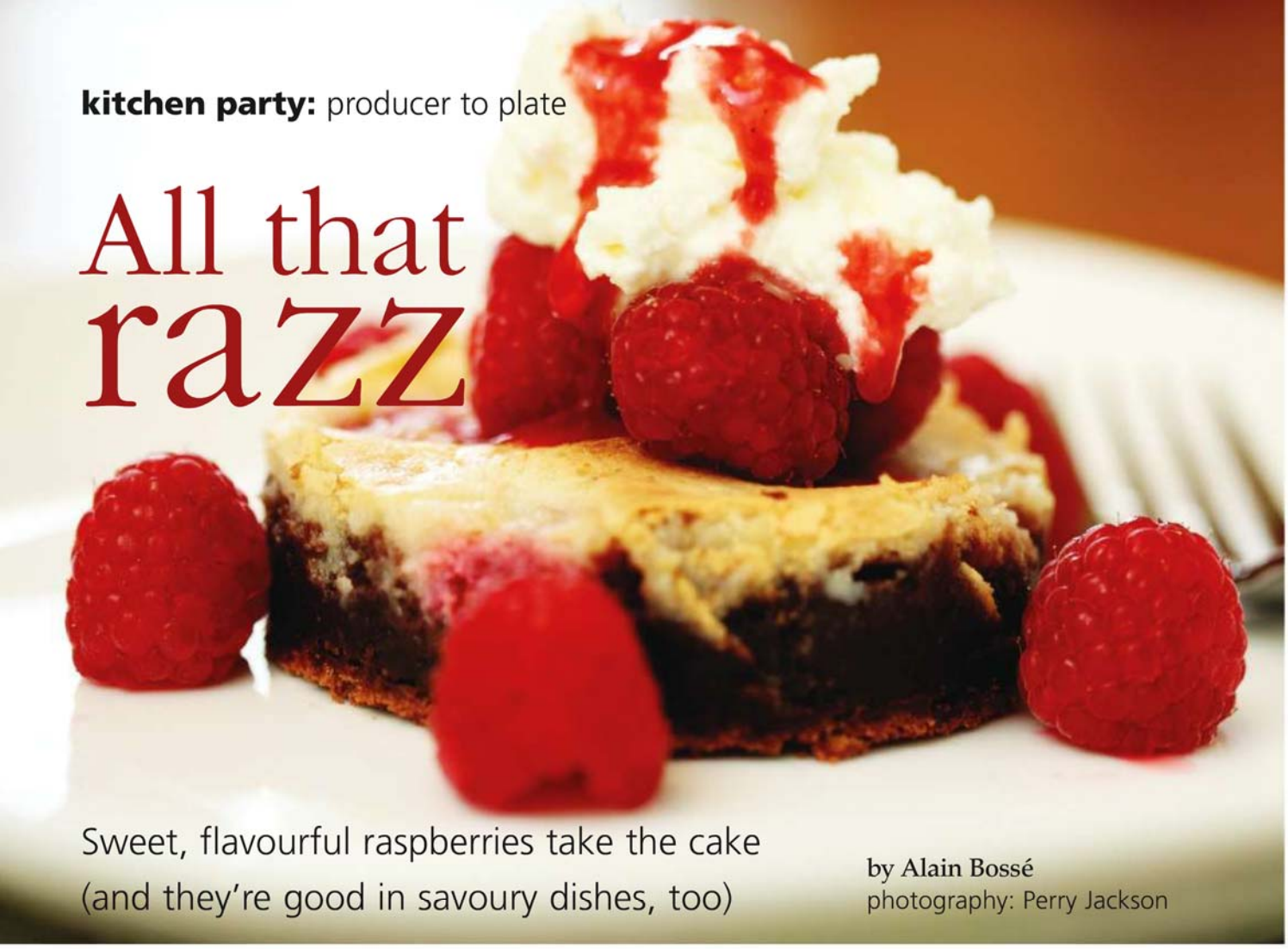
Gazpacho

This cold, refreshing soup—chock-full of diced, crispy vegetables in a beautiful tomato-based broth—takes advantage of summer's bounty without heating up the kitchen. Serve with crusty bread.

- 4 Roma tomatoes, deseeded
- 1 medium yellow pepper
- 1 English cucumber
- 4 shallots, finely diced
- 4 ribs celery
- 1/3 cup (75 mL) olive oil
- 2 cups (500 mL) vegetable broth
- 1 48 oz (1.4 L) can tomato juice
- Salt and pepper, to taste

Finely dice vegetables; place in large bowl. Stir together olive oil, vegetable broth and tomato juice. Mix with vegetables, season with salt and pepper, and allow to chill for at least 2 hours before serving. Makes 6 servings.

All that razz



Sweet, flavourful raspberries take the cake (and they're good in savoury dishes, too)

by Alain Bossé
photography: Perry Jackson

Raspberry Cream Cheese Brownies. See page 53 for recipe.

IF RUBIES stand out in the world of gems, surely raspberries are the darlings of the fruit world—they're juicy and packed with flavour; they're also high in dietary fibre and vitamin C. With modern transportation they're usually in grocery stores year-round, but nothing compares to berries picked at the height of maturity, which haven't travelled thousands of miles to get to your table.

British Columbia produces a whopping 83 per cent of the country's commercial raspberry crop. A significant proportion of the BC harvest goes to frozen fruit and processed products (eg, jams, jellies, drinks), whereas approximately 70 per cent of Atlantic Canada's crop is sold fresh in grocery stores and farmers' markets, and 30 per cent at U-picks.

The main season runs from June to August, but there's a smaller crop of fall raspberries, in September and October.

I recently talked to Ron Turner from Nova Agri, an agricultural production, packing and marketing company in Kingston, NS. Nova Agri comprises some of the largest fruit and vegetable producers in Atlantic Canada.

Ron, who has worked in the production side of berries for 21 years, says fruit production is never boring; Mother Nature is the biggest variable in his line of work. A few years ago he and his colleagues set up an ad campaign with a local grocery chain. The flyers had already gone out when Nova Scotia was hit with four days of hard rain, and most the crop was lost.

Nova Agri has 10 acres of canes that yield 60,000 pounds of raspberries annually, from mid July to mid August. The most common variety grown, called 'Nova,' was developed by Agriculture and Agri Food Canada in Kentville, NS, in 1980, to withstand our winters. It's available to home gardeners as well, and in fact is popular beyond the Atlantic region for its general dependability and taste.

Ron believes that the raspberries growing on old homesteads are a wild variety that may have been here since natives inhabited our shores.

Of course, Nova Agri is one of several producers in Atlantic Canada, and when I asked Ron who his main competitors were, he pointed out that Atlantic Canadian growers "don't compete, we complement." He went on to say that greater dividends are paid when you help each other: if one grower needs a certain quantity of berries to fill an order and another grower has ripe berries, they will work together.

Both parties are helped—harvesting raspberries at just the right time is the key to a successful crop. Raspberries must be harvested every day or every other day, depending on the variety. If

Saltscapes' 10th Anniversary Comfort Food Recipe Contest

THIS YEAR'S THEME: *Pleasing Potluck*

Do people ask for your *"secret"* recipes? Is your dinner party the talk of the town, your dessert the star of the potluck?

We want to know what's cooking!

Atlantic Canada is known for its potlucks, casual and comfy family or community get-togethers where everyone brings a dish to share. What are your best crowd-pleasing foods? When you're invited to a potluck are you asked to bring a torte, stew, goulash or salad that you're known for?

Share your recipe with us and you could win!

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canada's east coast magazine

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Sobeys

Rub Me Tender

A rub is a mixture of seasonings pressed onto the surface of meat before cooking. Rubs are commonly used on roasts, steaks and ground beef patties. Two key components of a rub are salt and sugar, the rest of the ingredients are open for experimentation. **Note:** You can only taste the full effect of your creation once it is cooked. So don't be afraid of the unknown, go where no palate has gone before.

Rubs can be applied just before cooking, but for a more pronounced flavour, apply your rub and refrigerate for several hours. When a rub is applied and is tightly wrapped and refrigerated for 12 to 24 hours, the flavour will infuse the meat. I have found that kosher salt is the best to use as the sharp pieces of salt, when rubbed, permeate the meat more efficiently.

Rub a Dub–Dub

Note: To make this a wet rub, simply add 1 tablespoon lemon/lime juice and 1 tablespoon olive oil.

- 4 **tbsp brown sugar**
- 4 **tbsp Kosher salt (or table salt)**
- 2 **tbsp paprika**
- 1 **tbsp mustard powder**
- 1/2 **tsp ground black pepper**
- 1 **pinch dried oregano**
- 1 **pinch dried thyme**
- 1/2 **tsp cumin powder**
- 1 **tbsp garlic powder**
- 1 **tbsp onion powder**

Mix all the ingredients together in a bowl. Store in an airtight container.

by Chef Shahzad Doctor, Sobeys Chef

Sobeys

berries are picked before they have a chance to fully ripen, they are too tart; too late, and the shelf life will not be sufficient to carry the fruit through to market.

From the time a berry is picked it has five days from transport to selling time. The first thing that happens after picking is cooling. At Nova Agri, berries go from field to refrigeration in one hour or less—taking the sun's heat from the berries helps them last longer.

Growers are constantly looking for ways to improve their annual yield; Nova Agri is currently experimenting with the use of hoop houses in their fields. These tunnel rows could be mistaken for greenhouses, but their purpose is to protect the raspberries from rain. Fields can always be irrigated but nothing can be done if they are too wet. This year Nova Agri is offering U-pick in a field with hoops.

I wondered if birds were a problem, but Ron said they don't seem to have the same taste for raspberries as they do for other fruits, such as blueberries. A huge oversight on their part.

Raspberries work well in either the sweet or savoury end of the spectrum. While we enjoy them in muffins or as a sauce on pancakes, they are also a good complement to meat such as pork, and are my all-time favourite accompaniment to lamb.

Spinach, Raspberry and Brie Salad with Balsamic Maple Vinaigrette

This recipe is from chef Stephen Hunter of Victoria Village Inn and Restaurant, Victoria, PEI.

Vinaigrette

- 1/2 cup (125 mL) olive oil
- 1/4 cup (50 mL) good-quality balsamic vinegar
- 2 tbsp (30 mL) maple syrup
- 2 tbsp (30 mL) chopped fresh herbs (such as chives, tarragon, chervil or parsley)
- 1/2 tbsp (7 mL) Dijon mustard
- Sea salt and pepper, to taste

Salad

- 2 small rounds of Brie, at room temperature
- 8 oz (225 g) baby spinach
- 1 cup (250 mL) thinly sliced red onion
- 2 cups (500 mL) fresh raspberries
- 1/2 cup (125 mL) pine nuts
- Fresh ground pepper

Whisk together vinaigrette ingredients. Alter tartness by using more or less oil.

To make salad: Cut each Brie round into 8 wedges; place 4 wedges of Brie around 4 plates. Mound spinach in centre of each; sprinkle with red onion, raspberries and pine nuts.

Drizzle balsamic vinaigrette over top. Grind a little black pepper over salad and serve. Makes 4 servings.

Local Lamb with Raspberry Black Peppercorn Sauce

12 fresh local lamb chops
Dijon mustard
Fresh chopped rosemary
Salt and pepper, to taste
Olive oil

Rub lamb lightly on both sides with Dijon mustard, rosemary, and salt and pepper. Heat oil in a frying pan on high temperature; add lamb, and sear on both sides until medium rare, approximately 3-4 minutes per side. Serve with a dollop of raspberry black peppercorn sauce (see below).
Makes 4-6 servings.

Note: Normally canola oil is a better bet for high heat; in this recipe there's enough fat in the lamb to keep the olive oil from burning.

Raspberry Black Peppercorn Sauce or Coulis

2 cups (500 mL) fresh raspberries
1/4 cup (50 mL) fresh orange juice
1/4 cup (50 mL) brown sugar
2 tbsp (30 mL) or 50 turns of milled black peppercorns

Stir ingredients in a saucepan; bring to a boil. Reduce heat and let simmer for 4-5 minutes. Use a whisk to break up the raspberries. Make sauce ahead and reheat as needed. Strain sauce to remove seeds, creating a coulis, if people are intolerant of them.

Also use coulis on vanilla ice cream or with the brownie recipe below—it's sweet, tart and peppery.

Raspberry Cream Cheese Brownies

Brownie base

1 1/2 cup (375 mL) flour
1/2 cup (125 mL) cocoa
1/2 tsp (2 mL) baking powder
1/4 tsp (1 mL) baking soda
1/2 tsp (2 mL) salt
1 cup (250 mL) milk chocolate chips
2/3 cup (100 mL) butter
1 tbsp (15 mL) vanilla
1/3 cup (75 mL) vegetable oil
2 cups (500 mL) sugar
4 eggs
1 cup (250 mL) fresh raspberries

Cream cheese topping

8 oz (250 g) cream cheese
1/2 cup (125 mL) sugar
1 egg
1 tsp (5 mL) vanilla
Raspberry Black Peppercorn Coulis/whipping cream/raspberries (optional)

Sift together flour, cocoa, baking powder, baking soda and salt. Melt chocolate chips and butter in the microwave; stir until smooth, then add vanilla.

With an electric mixer, beat oil, sugar and eggs for 5 minutes. Add melted chocolate, and mix just until blended.

Add the flour mixture, and mix just to incorporate. Spread brownie batter in an ungreased 9x13 pan. Sprinkle raspberries on top.

To make cream cheese topping, use an electric mixer to cream the cheese, sugar, egg and vanilla, mixing until smooth. Pour over brownie and raspberry base.

Bake at 350°F (180°C) for 30-35 minutes, or until cake tester comes out clean. Serve with Raspberry Black Peppercorn Coulis, whipping cream and raspberries (optional). Makes 18-24 brownies.

Barbecued Beef Sandwiches

by Marie Nightingale

This recipe uses a slow cooker, which helps to keep the kitchen cool during warm weather.

3 lb (1.5 kg) pot roast
1 tbsp (15 mL) instant beef bouillon granules
1 onion, chopped
1/2 green pepper, diced
1 celery rib, diced
Fresh ground black pepper, to taste
1 7.5 oz (213 mL) can tomato sauce
1 cup (250 mL) barbecue sauce
1/2 cup (125 mL) brown sugar
Hamburger buns

Lightly spray slow cooker with vegetable cooking spray. Place roast in pot, sprinkle with bouillon; add onion, green pepper, celery and black pepper. Cover.

If convenient, cook on high for 15 minutes or so, until pot heats up (or skip this step). Cook on low for 8 hours.

Combine tomato sauce, barbecue sauce and brown sugar; pour over beef and stir, breaking the meat into chunks. Cook on high for 1 hour longer. Remove meat, shred, and return to slow cooker to reheat. Spoon onto buns and serve. Makes 10 servings.

Tip: Leftovers can be frozen, then thawed and reheated for another meal.

This recipe originally ran in the July/August 2004 issue of *Saltscapes*.

Ask Alain

Q When I use frozen blueberries in cakes and muffins, they tend to clump together. Is this avoidable?

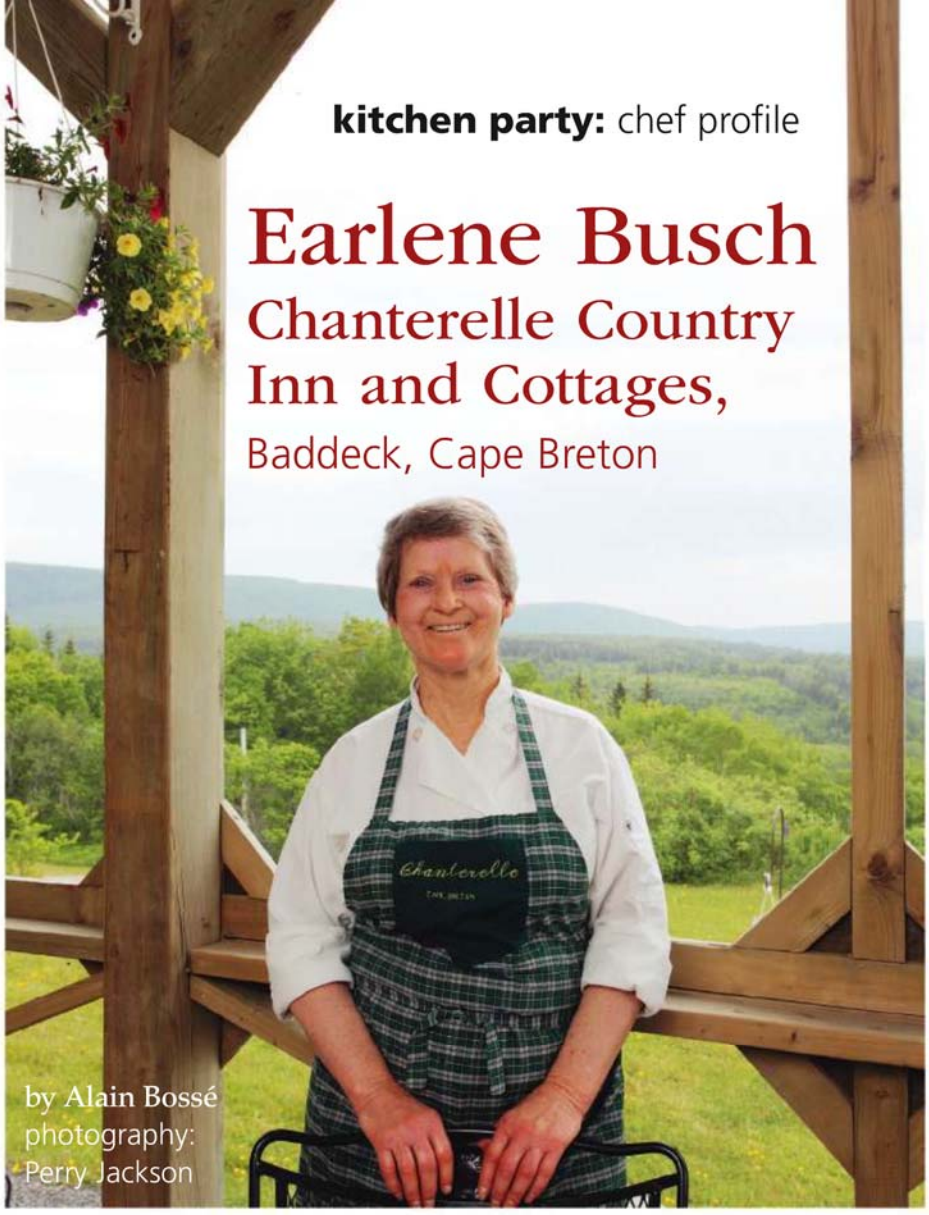
A *Tossing ½ tsp (2 mL) flour with your blueberries before adding them to your recipe will prevent them sticking together, and allow even distribution throughout your baking.*

Q I've noticed you sometimes use a combination of olive oil and butter when sautéing. Why?

A *I like using olive oil as a healthy alternative in my cooking but the smoke point is not that high. If I were to sauté onions in olive oil alone, it would burn before the onions were finished. Adding a bit of butter allows me to cook at a higher temperature for a longer period without burning, but without all the calories of butter alone.*

Q A lot of baking recipes call for buttermilk, but I find I often have extra, and it goes to waste. I've heard you can sour regular milk; how would I do this?

A *There are a few alternatives to using buttermilk in recipes. You can substitute with regular milk, adding 1 tbsp (15 mL) lemon juice; or you can use an equal amount of thick (made with full fat milk) sour cream or thick plain yogurt. You can, however, freeze leftover buttermilk. Freeze it in ¼ cup (50 mL) quantities and thaw only what you need.*



kitchen party: chef profile

Earlene Busch

Chanterelle Country Inn and Cottages,

Baddeck, Cape Breton

by Alain Bossé
photography: Perry Jackson

FOR CHEF EARLENE Busch, growing up on a wheat and cattle ranch in Colorado meant growing up eating local and organically produced food—her family's own beef and garden produce as well as other local products. In summer, peaches, pears and plums from the western slope of the Rockies were bought from the back of a battered pickup truck.

During her freshman year at the University of Colorado, Earlene went on vacation with her family to Mexico, where she met Elwin Busch, a US Air Force pilot. They were married at the end of the semester; she finished her BA by going to school wherever they were based.

Tragically, her husband was killed in Vietnam. Earlene and her two daughters returned to Boulder where she went back to U of C, receiving a PhD in communications.

She spent a couple of years teaching at the university while getting her doctorate, then founded a small high-tech company called Circa Logic, where she was CEO for 20 years. After the technology was sold, with new-found freedom Earlene moved to Cape Breton—she'd fallen in love with "the fresh air, crystalline water and the serenity" after a trip to the Island to buy a bedroom suite.

The abundance of choice chanterelle mushrooms (Cape Breton chanterelles are shipped all over the world) also played a role: Earlene built a small accommodation property—the Chanterelle Country Inn and Cottages.

She was unable to readily find a cook for the restaurant, so decided to take on that role herself. She has taken courses at the Cook Street School of Fine Cooking, in

Denver, and at the Culinary School of the Rockies, in Boulder; she apprenticed at FID, in Halifax.

In keeping with a buy local and small footprint strategy, Earlene includes the food source and the distance the food has travelled on her menus. For example, grains are from Speerville Mills, NB, 180 miles; lamb, chicken and eggs are from GlenRyan Farms, 45 miles; potatoes are from Dennis Laffan Farm, across the river.

Q *What accomplishment are you most proud of?*
A Representing Canada as a chef at Terra Madre (a biannual conference held in Italy, coordinated by the Slow Food organization.)
Q *What is your favourite ingredient?*
A Simply put, any fresh herbs.
Q *What tool can you not live without?*
A My zester.
Q *What is your favourite style of cooking?*
A Local, unadorned food that uses very few ingredients.
Q *Do you have any cooking tips you could share with us?*
A Make stocks—brown stock, chicken, fish, lobster, crab, and vegetable. Nothing wasted, great flexibility and maximum flavour. Anytime a recipe calls for water, think of what could be substituted. For example, I substitute orange juice in a blueberry pie recipe.
Q *Do you have a favourite cookbook?*
A I like *Cooks Illustrated* (the books and the magazines) because it discusses how things work. For vegetables, *From a Breton Garden* by Josephine Araldo and *Cookwise* by Shirley O. Corriher.
Q *What do you like to do when not in the kitchen?*
A I forage for edibles such as dandelions, wintergreen and mushrooms while my dog is taking me for a walk.
Q *Your inn has a resident dog?*
A Yes—Sir Guy, a 12-year-old Vizsla. He is known as the offical greeter. Once the season ends, he gets quite depressed for a couple weeks because there is no one around.

Oven buddy

Sometimes I see a gadget that's so simple in its concept and design, I wonder why I hadn't thought of it myself. This "oven buddy" came across my radar shortly after Christmas—my mother-in-law proudly showed it off as her favourite gift. Made of wood, it hooks onto your hot oven rack to pull it out, and has a notched end to push it back in. No more burned fingers (oven mitts are not always trustworthy and I've fallen victim to a damp tea towel on more than one occasion). Oven buddies are available from Salmon Cove Crafts and Woodworking; $4. To purchase by mail, call (902) 885-2145. In Nova Scotia find business owners Gary and Lori Levy at the Antigonish Farmers Market or the Pictou Craft Market on weekends.

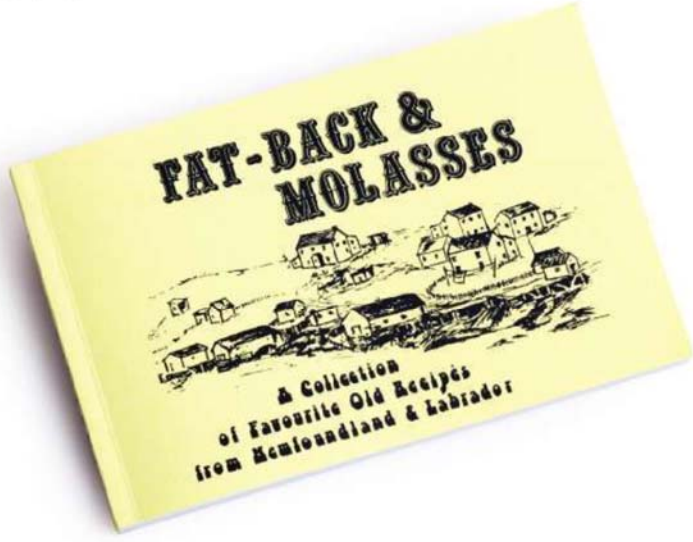
Slice of life

There's no place in the world immune to change, but if there is one place that has remained true to itself, it's Newfoundland and Labrador. And every now and then you come across a cookbook that, although written in the past, is relevant enough to carry on into the future.

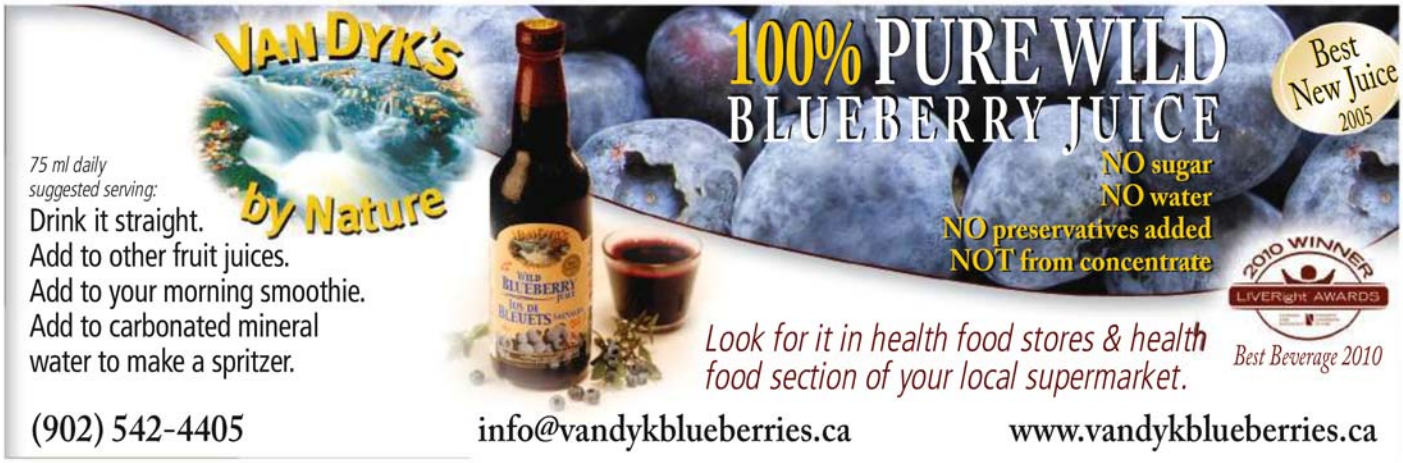
For me, *Fat-Back & Molasses* is that kind of book. Edited by Ivan F. Jesperson, and first published in 1974, it consists of recipes and anecdotes submitted by women from all over the province.

In the preface, Jesperson writes, "as a clergyman… many doors of all denominations have been open to me… the white table cloth has always been placed with respect and the table set with friendliness."

This book has found its way into more than 100,000 homes, many belonging to transplanted Newfoundlanders worldwide. Recipes like Fisherman's Fresh Fish Stew sit alongside Flipper Pie. While some recipes call for moose, I wouldn't hesitate substituting with beef. The desserts hearken back to church suppers and wedding socials—think of lemon sponge and jam-jams, along with Grandma's soft gingerbread.



The anecdotes are both whimsical and wise. If you appreciate good, authentic food with a chuckle thrown in for good measure, this book won't disappoint.



My special technique is to live in Nova Scotia. The local ingredients give me an advantage.

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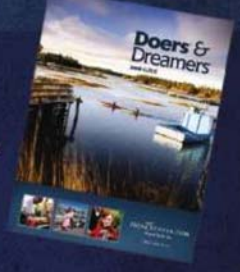

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A bluffer's guide to wine snobbery

I may not be able to eradicate toffee-nosed experts, like some sort of red-nosed super hero, but I can help to foil their disapproving stares

by Natalie MacLean

YEARS AGO, before I started writing about booze, I attended my first wine tasting. As our guide droned on about ripeness units and rainfall levels, I happily knocked back all the wine in front of me—I needed a couple of stiff ones just to be there.

But then I looked around and realized that everyone else had only sipped their first wine, and they were busy writing detailed notes about it. To avoid the disapproving stares, I put my head down and started writing too: I made out my grocery list.

I can laugh now, but I'll never forget that deep flush of embarrassment I felt at not knowing much about wine beyond its basic division into red and white. Perhaps it was those feelings that prompted me to dedicate my life to eradicating wine snobbery wherever it exists, like some sort of red-nosed super hero. I like to think, though, that it's also the equally powerful desire to share my new-found joy of wine: its hedonistic, sensual and even intellectual pleasures.

But of course, there are many wine snobs still out there. And since I can't swoop in and zap every one you meet, here are the five most important things you need to know to bluff your way past them.

PERRY JACKSON PHOTOGRAPHY

1. Drink what you like. Don't be put off by those who scoff at white zinfandel or Blue Nun. If you like it, drink it. Wine is about pleasure, not one-upmanship. Besides, with the dramatic improvement in winemaking knowledge and technology over the past 10 years, even so-called simple wines are yummy these days. (I've also found that just using the word "yummy" in front of wine snobs irritates them, which gives me a perverse pleasure.)

2. You can break the rules. Increasingly, wine drinkers are disregarding the old adage of pairing white wine with white meat and red wine with red meat. The tradition is restricting, boring and often unreliable. What if you're a white wine lover eating a red meat dinner? What if the white meat has a robust sauce better suited to red wine? The only rule these days is to drink what you think makes your meal taste delicious.

3. It's OK to Ask for Help. When you're in a wine store or restaurant, ask for advice. (Would you wander around a strange city without asking for directions? OK, don't answer that.) I've found that I don't feel dumb if I put the question this way: "Do you have a favourite wine, in this price range, that's delicious and goes well with this dish?" Mentioning your budget helps to narrow down the choice. Even after years of writing about wine, I still do this because often the waiter or the store staff person knows what's in stock better than I do, and has tasted more of it.

4. Expensive doesn't necessarily mean better. It's true that grapes from the best vineyards, aged in French oak, do cost more than those from Margie's backyard that go straight into the jug. However, high prices don't always guarantee quality—wines could be just overpriced, trading on tradition or marketing spin. The best values often come from undiscovered or underappreciated regions that produce good wines at reasonable prices, such as Nova Scotia, Argentina, Chile and southern France.

5. It's fun to experiment. As one of my favourite wine writers, Alexis Lachine, once advised, "There's no substitute for pulling corks." The best way to learn about wine is to drink it. Although it's comforting to stick with your beloved shiraz, there's a world of wine to discover... Think of this as your licence to chill.

Natalie MacLean, author of the bestseller *Red, White and Drunk All Over*, publishes a free wine newsletter at nataliemaclean.com—where you will also find her nifty Wine and Food Matcher.

Adapted to change

As old as Canada itself, G.E. Barbour is still going strong (just like its popular King Cole cuppa), but not without a few changes

by Jack MacAndrew
photography: Perry Jackson

Siblings Sylvia MacVey and Grant Brenan in the company boardroom: tea for way more than two.

WHEN CHARLES Darwin stepped ashore on the Galapagos Islands in 1835, he found himself surrounded at every turn by flora and fauna unlike any he had ever seen, none more so than the resident colony of iguana lizards. The iguana is typically a land-based vegetarian, climbing trees to get at tender branches—everywhere, that is, except on Galapagos. There, the iguana were mostly seen swimming underwater, grazing on seabed vegetation.

The Galapagos iguana had adapted to a watery environment to survive extirpation through a lack of food on land, and thereby became the genesis of Mr. Darwin's theories of adaptation and evolution.

The example is no less true in business, where adaptation to external change is the essential mantra for survival in a global economy.

Which takes us to the incongruous existence of G.E. Barbour & Co. of Sussex, NB, a family-owned business as old as Canada itself. It's a company that prospers not by capitalizing on natural resources, but by importing everything it needs to make the products it manufactures, then sending them back

Des worked in accounting for a tea company in Ireland. "The tea man left," he says. "I stepped into the role, and was trained." There are two tea breaks daily at G.E. Barbour, but Des doesn't take them.

to the global marketplace.

"We bring the peanuts in from Georgia, roast them, smash them up, and send the peanut butter to Texas," says marketing vice-president Robert MacLeod, referring to one of Barbour's biggest private-label customers, a supermarket chain. They do the same for a major retail chain in Quebec, and this past May sent their first private label order to Saudi Arabia.

Indeed, about 35 per cent of the manufacturing activity at G.E. Barbour carries somebody else's brand name.

What you do see when grocery shopping regionally is Barbour's Original Peanut Butter and King Cole Tea, the latter celebrating 100 years of existence this year, and still a favourite brand when Maritimers want a cuppa.

It all comes down to quality, says company CEO Grant Brenan, a disarmingly unpretentious boss who prides himself on knowing every employee—there are 85—by his or her first name, regularly touring the production floor to stay in contact with employees.

He, along with sister Sylvia MacVey, vice-president in charge of production, and brother Fred, vice-president of export sales (who all now own the company) employ an old-fashioned approach to human relations, at the core of enlightened management: treat your employees with respect; they'll respond with loyalty to the company, and pride in the quality of the products they produce.

There is a miniscule turnover in workers at G.E. Barbour. As Grant Brenan puts it: "I've given out an awful lot of 25-year plaques."

He started in the family business working summers at the age of 15. In 1987, at age 27, he was thrust into the CEO's seat when his father was hurt in a car accident, spending five years in a coma before passing.

Back then much of Barbour's business was with small, independently owned grocery stores throughout the region. Then came the 60s, and with that decade the rise of the supermarket owned by huge retail chains, displacing some of the small independents.

For G.E. Barbour, everything changed—its customer base was shifting. There was nothing the company could do about it… except adapt.

G.E. Barbour began as a wholesale grocery business in Saint John. Grant Brenan's grandfather was an employee. He purchased the company from the Barbour family in the early 50s. By that time it had evolved into food production—mostly making peanut

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Views of the factory and warehouse. "I'll be here as long as they'll have me," says Dave Stewart, shown above centre.

butter and blending tea, as well as other nut butters, spices and extracts, cheese, baking powder and popcorn seasonings.

In the late 60s, G.E. Barbour moved the company to Sussex, mainly to be near the Trans-Canada Highway for easy distribution of products.

"The environment around us is always changing," says Grant. "The one thing we have never changed is the quality of what we produce. Our peanut butter is the freshest. Our tea has a very high quality."

Chain stores have a different way of doing business. Brand names must compete for shelf space. Price collides with quality.

"We believe people will pay a little more for quality… People may leave you for awhile, but quality always brings them back. "

Nowhere is the Barbour obsession with quality more evident than in the presence and persona of a genial Irish emigrant named Des McCarthy. He arrived in Sussex from Dublin in 1985, with his wife and son, to take up his position as "the tea guy."

The blending of different tea from around the world—Kenya, Sri Lanka and India, for example—into a consistent flavour is an art, whether the tea is a traditional blend, or one of the new organic herbal or decaffeinated green teas the company now produces.

"There is no college degree in tea-ology," says Des with a smile. "There aren't very many of us around."

His educated, sensitive taste buds are able to detect infinitesimal nuances in the body of individual teas. His job is to blend those nuances together in precise proportions; to consistently deliver the taste and flavour that King Cole tea imbibers have come to expect.

Given the variables of growing tea around the world, Des McCarthy's job is anything but routine. Tea leaves grown on opposite sides of a hill in northern India will have differing properties. He must identify the differences, and account for them in his blending techniques.

Hard-core tea drinkers can be demanding, and Atlantic Canada has a lot of them—more, proportionately, than anywhere else in Canada. Hence it's not a stretch to say that the fortunes of King Cole Tea, and the brand's leading market share in the Atlantic Provinces, are dependent on the sensitivity of Desmond McCarthy's taste buds to deliver a consistent flavour in a tiny tea bag.

However, time can erode even the most innocuous symbols of quality—in this case, the gauze tea bag that encloses a single serving of King Cole tea. Which brings us to the latest adaptation the company must make: the radical change from the familiar and trusted gauze bag, to paper.

King Cole Tea is making the changeover in this 100th anniversary year not because it wants to, but because the company simply can no longer get the gauze it needs to make its tea bags. It has taken great pains to ensure King Cole devotees that the consistent taste will endure.

So, it seems, will G.E. Barbour. A lot comes down to the 85 employees who do their daily work dedicated to the company's reputation for quality.

The management is fair, says Dave Stewart, a 10-year man, as he

"Can I go to the funeral?"

The concern of G.E. Barbour for the welfare of its workers often brings family members—fathers, mothers, sons and daughters, cousins and uncles and aunts—to work for the company as well.

Those relationships can mean that when a community member dies, several workers will want time off to go to the funeral, being related, which of course they get.

At the plant I was also told the story of the husband and wife with the family cat. One day while the wife was at work, the husband returned to their house on some errand or other.

He found the cat dead on the doorstep.

He had never paid much attention to the family cat, but his wife doted on the animal, and he wanted to do what he could to alleviate her grief.

So he buried the cat.

He returned to work and, as gently as he could, broke the news to his wife. She rushed home, only to be greeted on the doorstep by the family cat, fit as a fiddle and purring a welcome.

Her husband had buried the neighbour's cat.

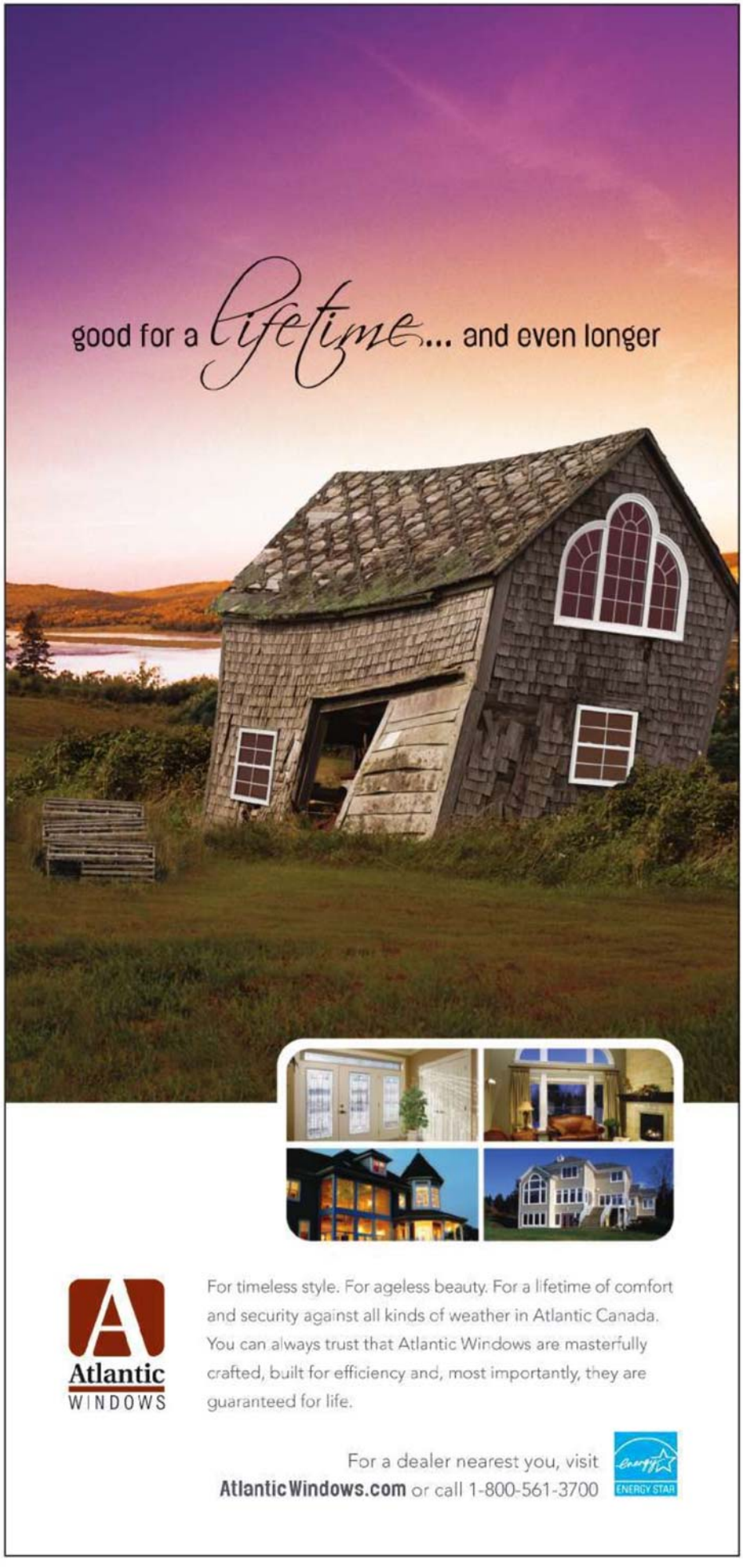
He is still trying to live down the jibes from fellow employees inquiring about his feline burial service.

fills pouches of popcorn flavouring. "They're concerned about our welfare. They hate overtime, and so do we. They recognize we need time for the family, and they make room for that.

"I'll be here as long as they'll have me."

The G.E. Barbour commitment that quality is the thing that counts, and contented employees will provide the consistent effort required to maintain quality, seems to prevail.

But beyond quality and the global marketplace, there's also room in the corporate scheme of things to do up a special order of chopped peanuts so the ladies of Carleton County, NB, will have what they need to coat their famous mocha cakes.



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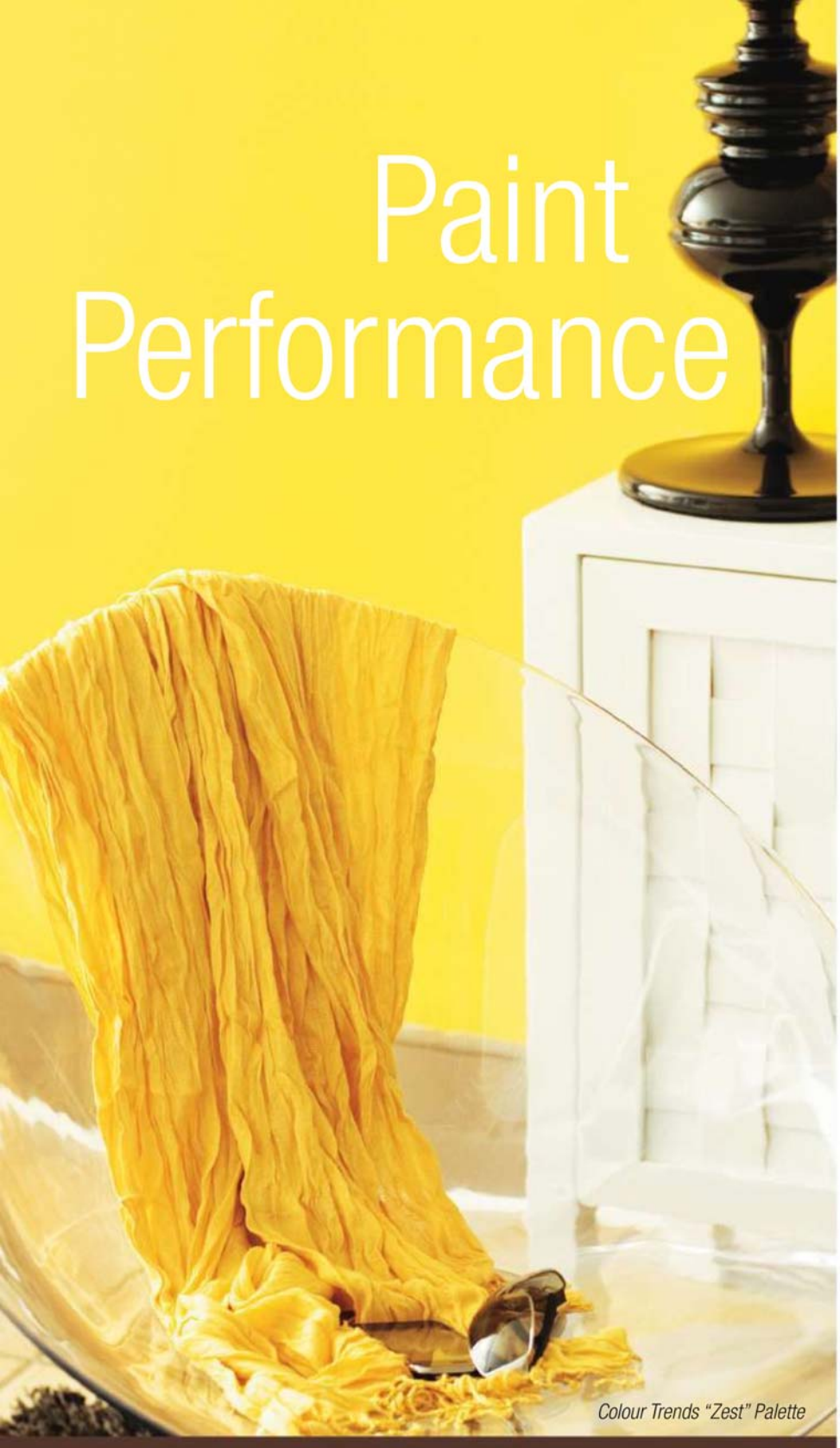

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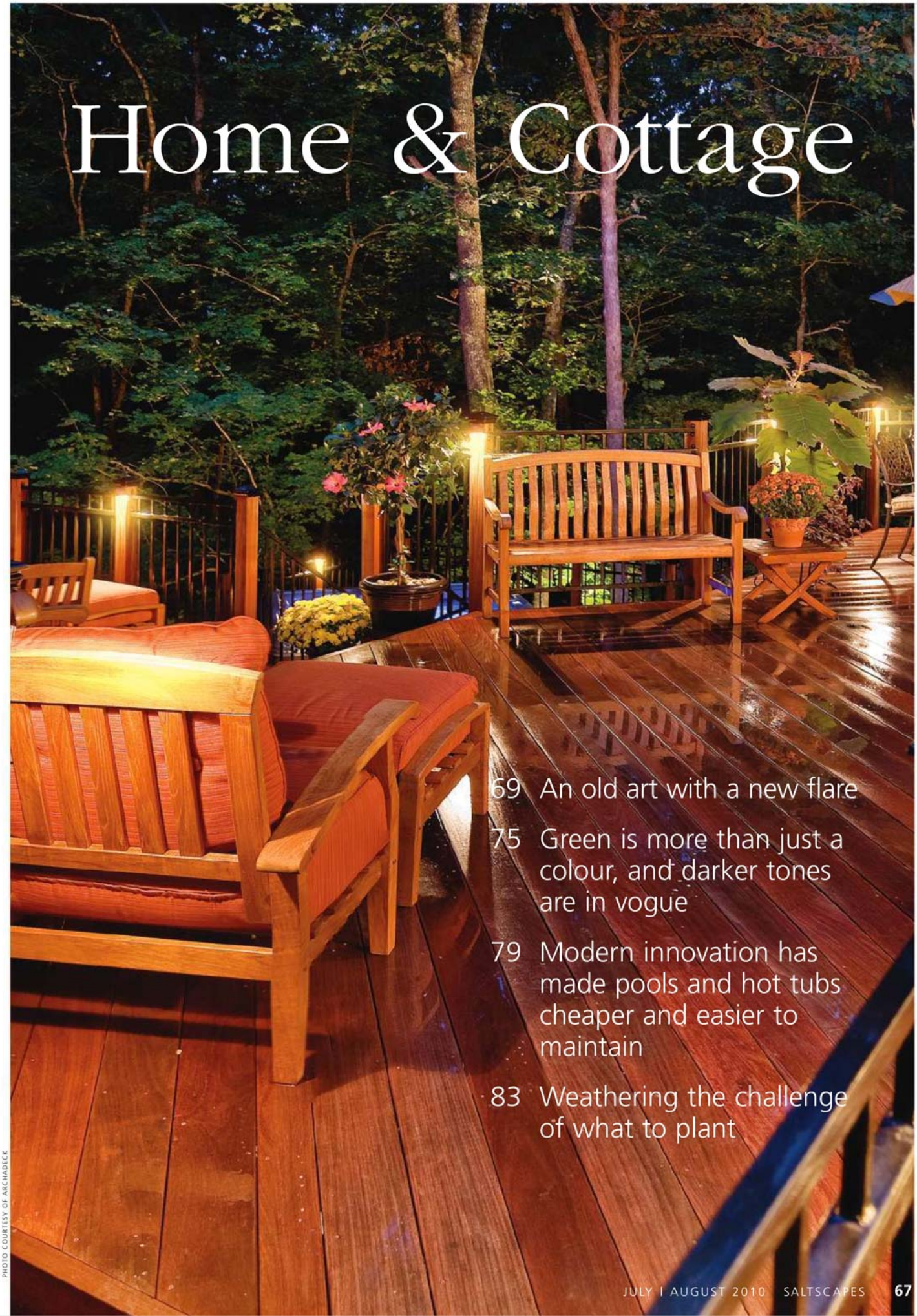

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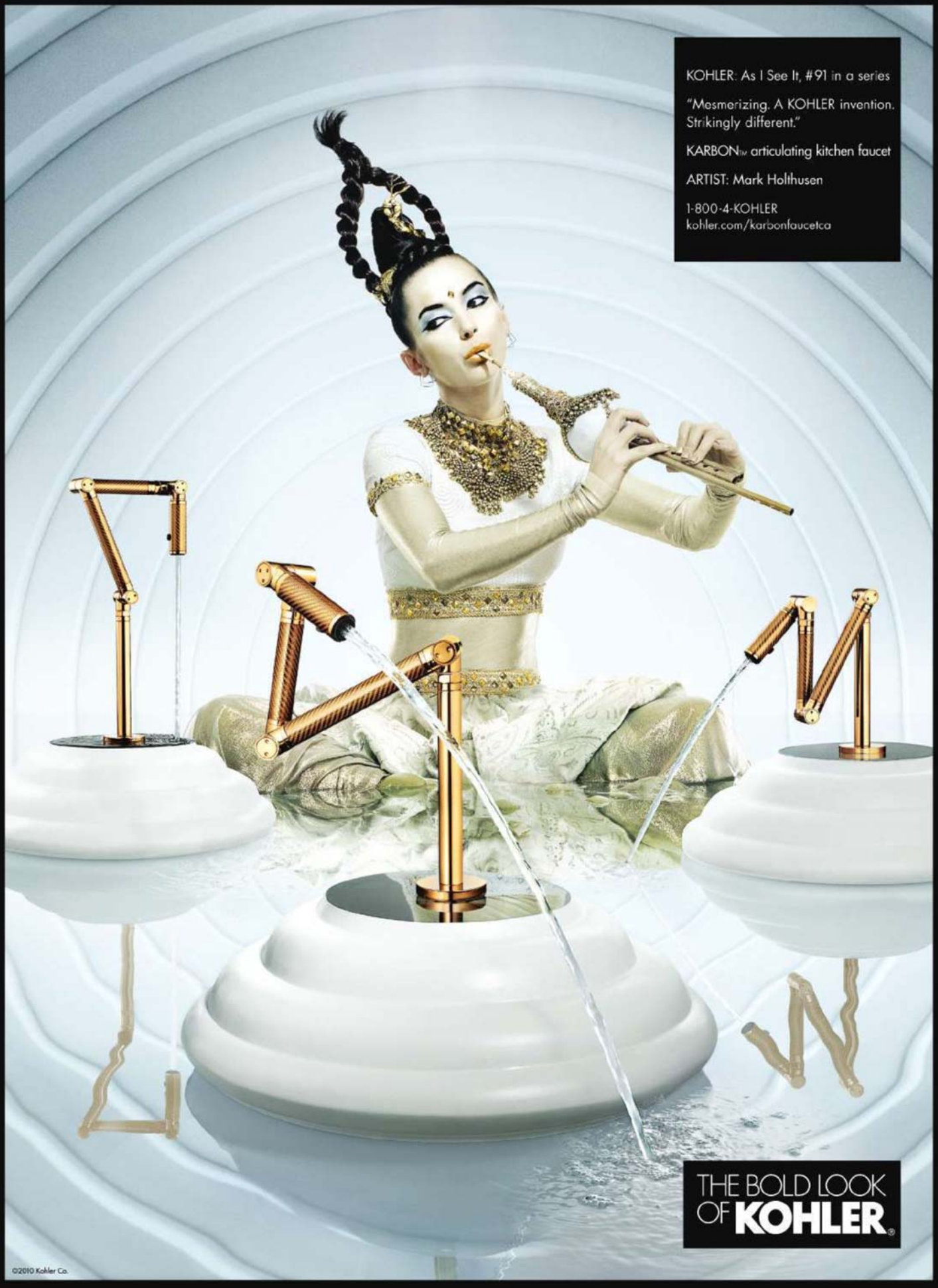
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Shingle and loving it

An old art with a new flare

by Shelley Goodwin

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ARCHITECT GARY TARASINSKI, AIA, PHOTO CHRIS EDEN

MAJESTIC SEA CAPTAIN'S homes, with their shingled exteriors and widow's walks, grace the waterfront of many maritime towns. These houses, frequently seen along the Fundy Coastal Drive in NB, are popular attractions as they have come to characterize the charming and culturally rich aspects of our maritime traditions. The corner towers, stained glass windows, front gables, gingerbread trim, and steeply pitched roofs all combine to speak of old-world charm and fine craftsmanship. Look closely at the cedar shingle designs that grace the exterior walls and you will notice shingles with different shapes and patterns. Some of these shingle pattern names reflect their maritime home, such as fish scale and half cove, while others, such as hexagon, round, octagon, and arrow, are the geometric designs that they represent. These shingles are placed in peaks of the roof or wrapped around the elegant corner towers to create intricate designs and lace-like patterns.

While vinyl siding has been used to cover some of these glorious cedar shingle patterns because of the ease of application, and relative lower cost, cedar shingling remains on many coastal living home owners' wish-lists. In home decorating magazines the phrase "coastal living" immediately conjures up images of chairs on wrap-around, covered verandas attached to patina-coloured, shingle-covered century homes overlooking the water, inviting one to come, sit and enjoy. Of course, the prerequisite comfortable white Adirondack chairs invite friends to come and sit for a cup of tea and a yarn.

Jessie and Earl Cook of Pembroke Shore, Yarmouth County began the process of refurbishing their 150-year-old home several years ago but the shingling only started this past summer. They decided to do the job themselves and managed to finish two walls with square-edged shingles. The new corner

SHELLEY GOODWIN

SHELLEY GOODWIN

Some cedar shingle shapes can create intricate designs and lace-like patterns. Right: Cutting and shaping the shingles into a traditional fish scale design with a seahorse above it adds visual impact to a shingled stable.

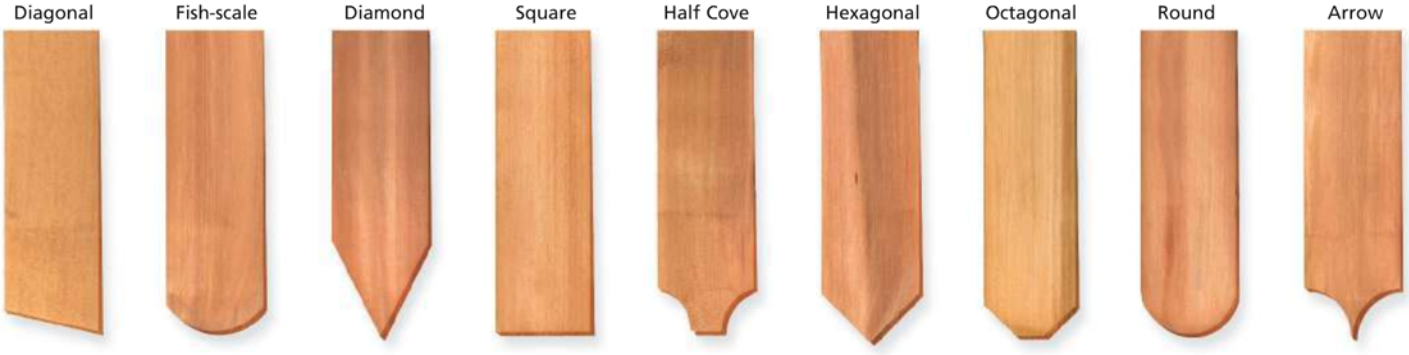
deck in front of those two newly shingled walls sports two deck chairs and flower pots, ready for their neighbours to stop by for a chat. They both like the look of sea-air tinted cedar shingles so instead of painting them they're opting to let the shingles change colour naturally.

As a do-it-yourself job with the amount of time it took being the only limitation, they appreciated the maritime tradition of neighbours helping neighbours, especially those who could pound a nail. Of course, with all that free labour there has to be a price somewhere, and in good old down east fashion, they had to be willing to be the brunt of a few good natured jokes, especially after Jessie hit the wrong nail a few times.

Creativity and ingenuity have long been admired maritime qualities. Today, traditional craftsmanship is being blended with new technology, enhancing the traditional shape of cedar shingles to include designs that, when placed together, create a larger visual art piece.

Jeff Mason of Seahorse Stables breeds and trains Canada's national horse, the Canadian. When he decided to re-do all three buildings on his property with cedar shingles, he wanted to integrate a seahorse theme, as well as adding a shaped fish scale pattern. "We started looking at options and came across these amazing designs that are made by cutting and shaping the shingles into different animals and patterns." Integrating the traditional fish scale design with the seahorse above it became an obvious option to grace the façade of the stable and add visual impact. (*See above*) The fish scales placed in the peaks of the house and other out buildings create consistency in the exterior of the building.

Cedar shingling can be easily traced back to King Solomon's temple. In the Maritimes it was during the 1700s that local homes were first sided with decay-resistant cedar. Although 300 years have passed, the application technique is still the same today. Shingling done by applying 18-22 inch shakes, one over the other, with a 4-6 inch exposure to create a triple layer protection to channel wind-driven rain—very common on the coast—back



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Shaped shingles (i.e., fish scale, octagon) are made by taking square shingles and cutting them to the desired shape. Some homeowners may chose to make them with a scroll saw or a local millwright can do them easily.

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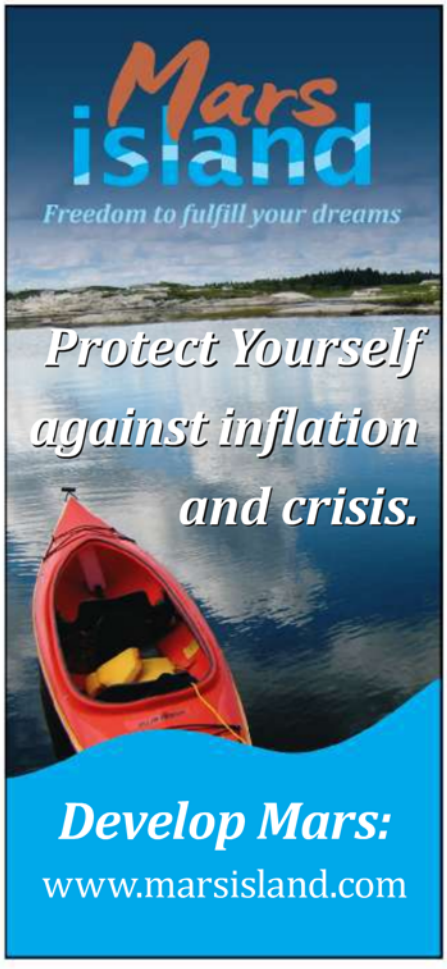

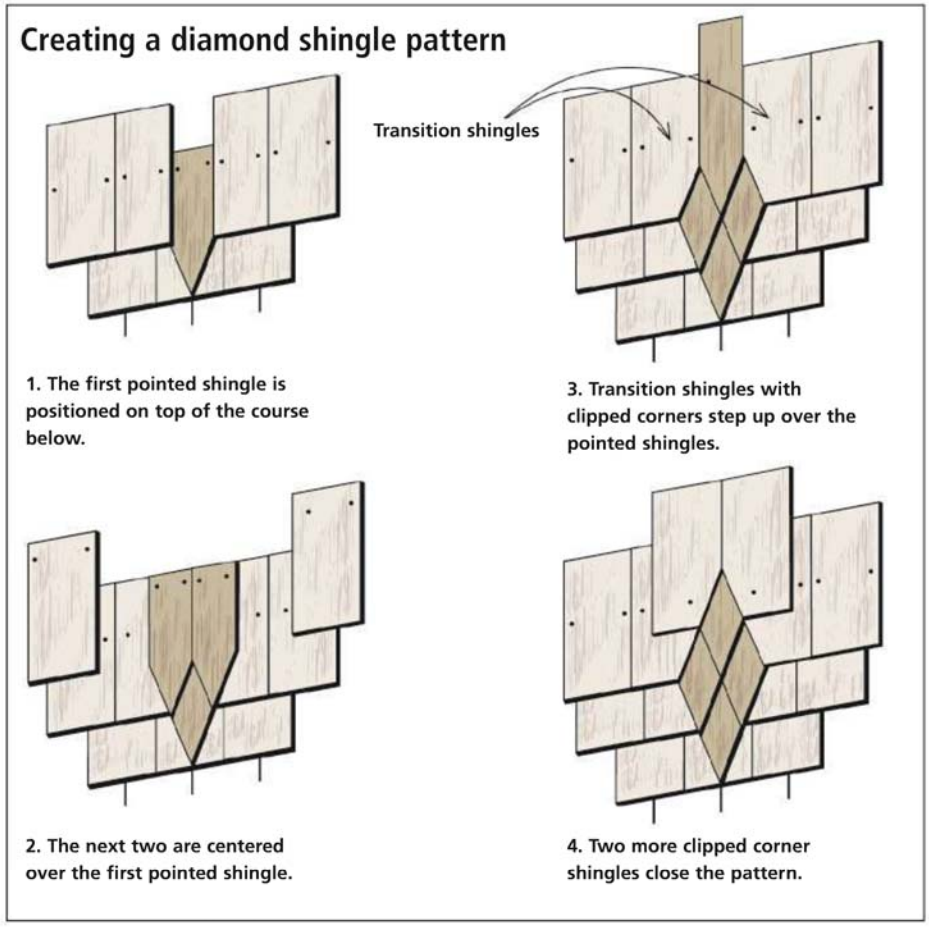

to the exterior of the wall covering. In this way, water does not damage the structure or the siding.

Cedar shingles are graded based on their quality. Number one cedar shingles are cut from the best wood and are noted as coming from the heartwood of the tree. It is 100 per cent clear and 100 per cent edge grain. Number two shingles are cut from lower quality wood and are those that are rejected from number one grade. They are permitted to have a limited amount of sapwood and flat grain. However, the face of the shingle must have at least 10 to 16 inches clear of knots and defects depending upon the overall length of the shingle. Number three shingles are of even lower quality wood and can include rejects from the two previous grades. It is highly recommended that number three shingles only be used for barns and other outbuildings. Shingles can also be treated with fire retardant, however, this is quite uncommon in Canada and needs to be ordered specially through your building supplies provider. Some chose not to let the cedar shingles weather naturally and stain them before applying, or after they a have been applied to the side wall. There are many options available. Those who have homes shaded by trees or with a considerable northern exposure may also consider this, as discolouration can occur quite quickly with a lack of exposure.

Shaped shingles (i.e., fish scale, octagon) are made by taking square shingles and cutting them to the desired shape. Some homeowners may chose to make them with a scroll saw or a local millwright can do them easily. Obviously this can add additional costs and may explain why many use this as a decorative feature only.

Cedars shingles are low-maintenance and can last for decades. If painted they will require repainting just like

NADIA BOBAK

Siding as art

The time-honoured practice of good craftsmanship is the foundation for new innovation as cedar shingle designs catch the eye of passersby. Adding charm and visual impact, designs are only limited by your imagination. Whales, trees, loons, salmon and candy canes have all graced the sidewalls of homes and Santa's workshop. Using the same principles of triple layering the shingles over top a protective barrier, such as tar paper or plastic wrap, the design is implemented on the side of the home using a scroll saw and artistic flare.

Michelle Sutherland of Rockville, NS, a talented artist in several mediums, sees this as one more way of expressing artistic ability while honouring the maritime way of life that she appreciates. After being inspired by an Alaskan artist/shingler, Michelle began honing her craft. "What could be more Nova Scotian than turning ordinary dwelling surfaces into art—it's really Maude Lewis turned inside out." She started with the loon and has continued from there.

any other painted siding. They are also a renewable Canadian resource, with appropriate re-forestation practices, and have a carbon footprint significantly less than other petroleum-based sidings that may be processed overseas. They have other environmental benefits as well, says Mason. "Members of my family have environmental sensitivities and we risked adding moisture or even mold with vinyl or some of the other types of siding. We would not take that chance."

Shingles are colourful and protective , providing a canvas for maritime artistic charm to be showcased. They also allow neighbours to help each other, creativity to be expressed and craftsmanship to endure.

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The new paints

Green is more than just a colour, and darker tones are in vogue

by Nadia Bøbak

PHOTO COURTESY OF BENJAMIN MOORE

THIS YEAR is proving to be a significant one for paint. Enhancements in product quality and a notable reduction in environmental impact address a multitude of consumer concerns.

With the Canadian government's new regulations on harmful VOCs (volatile organic compounds) in paint, and, in turn, the phasing out of oil based paints, a new and improved latex is all you really need, says Benjamin Moore's retail marketing and public relations specialist, Joseé-Ann Cloutier. New regulations require paint manufacturers to reduce the level of VOCs in most paints by September this year.

"Benjamin Moore has already done the research and development required to make the transition as we've already conformed to the 2006 California guidelines as an international company."

Thanks to new technology, latex exterior paint is now very adherent. There's no smell, and you can clean your tools with soap and water, making this by far the easiest product to use. Cloutier says there won't be much oil-based paint on the market. There will, however be a few exceptions—metal paint, for instance.

Benjamin Moore's Aura Exterior latex paint, launched last year, is the result of more than four years of research and includes the new technology, Color Lock. The difference between the Color Lock technology and standard paint, says Cloutier, is in the mix.

"When you mix colour into your standard paint, the resin and colorant stick together side by side, whereas with Color Lock, the colorant gets right inside the resin, penetrating it. With regard to hiding power and adherence, the improvement is just astonishing," she says.

In addition, you never need to apply more than one coat and the thickness is the same as if you were applying two coats, simplifying the whole process. The product also dries faster than other paints, resulting in a very smooth and durable finish.

Cloutier recommends using the highest quality paint and administering careful, thorough preparation of the house's surface before you paint, for maximum performance.

Preparation

To thoroughly prepare shingles, proper removal of chalking, or the residue leached through from the former paint, is required or the paint won't stick. Chalking can be removed with a pressure washer and paint cleaning agent like Trisodium Phosphate which, when mixed with water, will remove residue and grease. You can also wipe the moisture over old paint with a sponge. If you use a pressure washer, says Cloutier, make sure the wood is dry before you paint. A moisture tester will give you the percentage of humidity in your wood. Just insert the needle into the wood to measure moisture, which should not exceed 15 per cent, or your paint will come off as water will try to emerge from underneath.

Next, remove peeling paint with steel brush. Painting over bubbling or peeling paint will result in your new paint layer ultimately flaking off.

NADIA BØBAK

NADIA BØBAK

Colour

Colour spokesperson for PPG Industries Inc., colour designer, (and author of the book, *All About Colour*), Janice Lindsay says trends are not as much of an issue with exterior paint as exteriors are not as personal as interiors, where you can follow your heart and inclinations.

"When it comes to an exterior, it is really good to be respectful of the larger landscape. You already have colours in that tableau that are beyond your control, what your neighbours on either side have on their house, for example. I really think that your colours will look best on the exterior if they do fit in beautifully to what exists."

Lindsay says that observing this rule doesn't mean that your house's appearance will be boring and although there are no clear trends for exterior paint colour, people are using more dark colours, which is a good thing.

"We often obsess with colour in terms of the spectrum (red, yellow, blue, green) but we don't deal with colour in terms of the value—from light to dark—as much as we should. We tend to focus on the light end of value and we forget about the deeper end, and there are beautiful ways of enhancing the home by going into the deep colours. There are colours like sharkskin, which is a beautiful neutral colour but it is deeper and richer. I don't think people should be fearful of going into the charcoals or even blacks," says Lindsay who adds that although black can be a bit scary, it is great on front doors and shutters or places where you want some drama, but where you don't want to be colourful.

What you do at the front of the house does not have to be the same as what you do at the back of the house, says Lindsay. She sees the front of the house as the public face of the home and the back of the house as being more personal, and in some cases functioning as a kind of private universe unto itself. Darker colours contrasted with plants, furniture and other colourful items can look stunning, Lindsay says, or if you're looking for a more summery effect, she recommends using a lighter colour palette.

"The eye goes to the brightest thing so you have to think about what you want to look at and what you don't want to look at. Often, we don't necessarily want to look at walls or garages or sheds, so I would say paint those darker like the colour of tree

Dos and Don'ts

- Cloutier says it is important when using multiple litres of paint to mix the first batch of paint with the second before it runs out to maintain colour uniformity. If you buy a ready mix, make sure to buy from the same batch.
- Make sure when taking breaks that you don't stop in the middle of a wall. Try and finish the wall or full line of shingles.
- Don't apply paint in direct, hot sunlight because the paint will dry too quickly and fail to penetrate past the surface, resulting in poor adherence. If the sun is on one surface in the morning, start on another surface and rotate to avoid the direct heat.

PHOTO COURTESY OF BENJAMIN MOORE

trunks. Then put boxes of colourful flowers like fuchsia geraniums in front so your eye will just float over what you don't want to see," says Lindsay.

Stains

There are four types of stain—clear, toner, semi-transparent and solid. Clear has no colour and solid is fully opaque. Toner provides just a slight hint of colour to enhance the natural beauty of the wood. When deciding between a clear toner and a semi-transparent, says Alison Martin, marketing project manager of Olympic Stain, keep in mind that the more colour you add, the more protection you're getting against UV rays, moisture and the elements. They all provide a level of moisture resistance, but clear, toner and the semi-transparent varieties are all penetrating oil stains.

Solid stain is film forming and won't actually penetrate the wood, says Martin, and is, in fact, more durable.

"As you're getting a full pigment, solid stains will typically last longest as the wood isn't exposed to elements, offering protection which acts more like paint. Usually, solid colour stains are latex, water based, which are the greenest choice, although we do offer a water-based semi-transparent in our Maximum line," says Martin—who

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Typically, coloured stain lasts the longest—roughly eight years on decks and about 20 on the house.

recommends using a low VOC, water-based stain around wells for safety.

When choosing a stain, Martin advises homeowners to consider the desired level of protection as well as the architectural details of the home. Roof colour, details on sidewalks, driveways, trees, shrubs, and other plants should also be considered.

Options are many. Olympic Stain, for instance, offers more than 30 colours in the semi-transparent line, ranging from greens, reds and browns. In solid colour, that brand alone includes more than 120 choices.

"Don't be afraid of colour, especially on the exterior of your home. Solid colour is great for railings and semi-transparent for the base of the deck. To add interest, you can choose a different, complementing colour in solid for railings and trims that will add a nice element of colour and contrast," says Martin.

When using a clear stain on shingles, make sure to use only one coat as they are penetrating stains and can get tacky and won't dry as well when over applied. Flashing may occur in areas where the stain hasn't penetrated.

Typically, coloured stain lasts the longest, says Martin—roughly eight years on decks and about 20 on the house.

Remember to always clean decks before you stain with deck cleaner, which comes in a bio-degradable formula. With some stains, you can apply to damp wood but it should not be soaking wet, says Martin, nor should there be an expectation of rainfall within 24 hours of applying to give it adequate time to dry. If you already have solid colour, Martin recommends staying with a solid stain or you'll have the added headache of having to remove all the old stain before you start.

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DEALER ENQUIRIES WELCOME

Just add water and chill

Modern innovation has made pools and hot tubs cheaper and easier to maintain

by Suzanne Robicheau

LAST YEAR saw a dip in Canada's pool and spa business, with the number of building permits issued for swimming pools dropping by almost 10 per cent nationally, and by a whopping 17.6 per cent in Atlantic Canada. The one bright spot was Moncton—not for weather, which was as wet as everywhere else—but for pool sales.

Happily for pool and spa retailers, the outlook for 2010 is much brighter. "There's a sense that things are improving," says Rob Wood, the executive director of the Pool and Hot Tub Council of Canada. "There's pent-up demand out there."

"People never lost interest," says Brad Sweet, a partner in Holland Home Leisure in New Minas and Aylesford, NS. "They were just waiting until the economy improved." Sweet attributes the popularity of pools and hot tubs to a recent home vacation phenomenon known as the "staycation". "People are tired of packing the family into a van and driving for days. They're reluctant to get on a plane. They have demanding jobs, big mortgages, kids in activities and aging parents. A stay-at-home vacation fits well with their busy schedules."

According to Sweet, the stay-at-home vacation makes sense financially as well. "Go away for two weeks and you come back with nothing but memories. Put the money into the house and it's still there." The trick to home improvements is to invest wisely—whether in bathroom fixtures, kitchen cupboards or backyard equipment.

In-ground pools are the costliest leisure option (especially those made from poured concrete and fiberglass forms). "Concrete and fibreglass aren't that popular on the east coast," says Brad Sweet. "The tradition … is to go with vinyl-lined pools."

At Sparkling Pools and Spas in Dartmouth, manager Lisa Dickson sees

Location, location, location…

Positioning a pool isn't always a breeze, especially if you don't want to splash water on the rhododendrons. Most homeowners benefit from consulting either a landscape architect or a designer. A thoughtful approach to the pool's location will take into account the style and the scale of the house, the size and the shape of the yard, and important details like the orientation of the lot. Make sure to consider viable locations for structures like change rooms and equipment storage sheds.

PHOTO COURTESY OF SPARKLING POOLS AND SPAS

Above-ground pools are the best sellers in Atlantic Canada. They may not have the aesthetic appeal of an in-ground pool, but the appearance has improved and they are now more readily accepted.

the same trend. "We're booked through the summer and most of the jobs are for vinyl-lined pools."

A decade ago the normal size for an in-ground pool was an 18 X 36-foot rectangle. "Today there is no normal size," says Sweet. "There are 50 different shapes and a variety of styles. It's all about customization." Cookie cutter installations are a thing of the past. People want to create their own personal look in the back yard, in the same way they do for their home's interior. "Years ago you enclosed the pool with a simple chain link fence," says Sweet. "In New Minas we have seven different iron fences on display. The options are endless."

There is impressive new technology as well. Robotic cleaners lighten the workload. Automatic covers close over the pool with the push of a button. Supplemental UV and ozone sanitation systems decrease the need for chemical sanitizers; salt water systems take the next step towards eliminating them.

"More than 60 per cent of the pools installed by Holland Home Leisure are now salt water," says Brad Sweet. "It's been around for some time but the awareness has begun to grow." In a salt water pool an electrolytic chlorine generator converts salt to elemental chlorine. To maintain the proper level of salinity in the pool, simply add more salt. There are no large containers of chemicals to store and the chlorine produced makes the water more buoyant and is gentle on the eyes, nose, skin and hair.

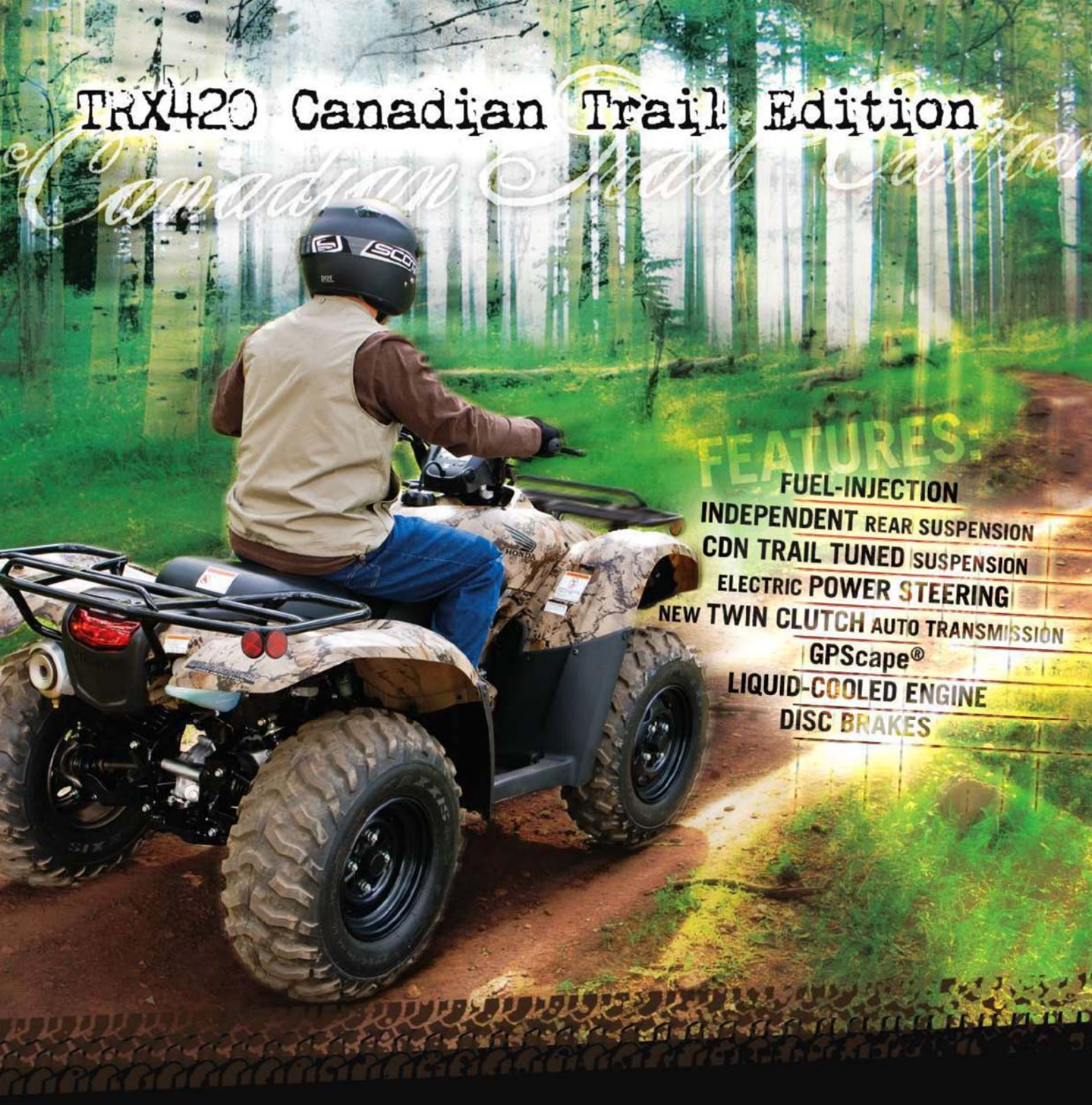
"The industry is taking positive steps to make pools easier to maintain, less expensive to operate and more environmentally friendly," says Rob Wood. Substantial energy savings come from improved insulation, variable-speed pumps, automatic controls, heat pumps, and digital internal time clocks for lighting, filtration and water features. Insulated pool covers can cut heat loss by almost half. Solar roof panels can reduce the cost of heating a pool by up to 75 per cent, and LED lighting can lower electrical consumption by more than 50 per cent. Some pools are eco-friendly enough to qualify for an Energy Star rating.

Despite cost-cutting innovations for operating and maintaining in-ground pools, the basic price still begins at about $30,000 and climbs quite quickly with the addition of natural stone pool surrounds, landscaping and lighting. It's likely that for this reason above ground pools are the best sellers in Atlantic Canada. They may not have the aesthetic appeal of an in-ground pool, but the appearance has improved and they are now more readily accepted.

Holland Home Leisure's installed price for an 18 X 33-foot above ground pool is less than $10,000. An installed 15-foot diameter above ground pool with 52-inch metal walls sells for $3,795. Fencing and decking are extra. "It's an economical and professional way to put water in your backyard," says Sweet.

Or a hot tub

An even more popular way to put water in the backyard is by adding a hot tub. If the hearth is the heart of the home, the hot tub is the heart of the yard. Described as today's kitchen table, the hot tub is a place to relax with friends and family—especially in the evening after a meal. "It's a place to get re-energized," says Brad Sweet. "For the cost of a typical two-week family vacation, a hot tub will give you years of relief from daily stress—and you can take it with you when you move."



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Most spas are now designed for year-round use. Insulation has been maximized for optimum heat retention and horsepower has been minimized to reduce power consumption.

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The hot tubs sold today bear only passing resemblance to those sold a few decades ago. California-made Cal Spas, a line carried by Sparkling Pools and Spas in Dartmouth, NS, offers one of the highest numbers of hot tub molds in the industry, ranging from intimate models for two to oversized spas you can swim in. Hundreds of option combinations include blaster jets for every inch of the body and audio-video accessories like auto rising LED TVs and marine-grade, iPod-ready SONY stereo systems with six-inch speakers

Other manufacturers like Canada's Beachcomber Spas have fewer bells and whistles, although they do make a pricey automatic cover that raises and lowers like the roof of a tent trailer. "They sell on the basis of hydrotherapy and environmental awareness," says Sweet, who carries only spas made by Beachcomber. "The manufacturer has made a conscious decision to be environmentally responsible, and it translates into low running costs. You can get the 104-degree temperature you need for about $1 a day."

Most spas are now designed for year-round use. Insulation has been maximized for optimum heat retention and horsepower has been minimized to reduce power consumption. At Holland Home Leisure the entry level Beachcomber model starts at $5,495, but very few customers purchase this one. For $7,695 they can get a hybrid model with better insulation, a better entry system and more options.

An uncertain economy and poor weather conditions have had the same negative impact on sales of both tubs pools, but lately there has been a surge in sales that Brad Sweet attributes to warmer temperatures and growing consumer confidence.

Our new slogan is "Why wait? Live life now," says Sweet. "We spend so much time planning for tomorrow that we sometimes forget to live for today. There's no point in waiting to make our pleasure purchases—but you have to do it responsibly."

A long, hot gardening summer—well maybe!

Story and photography by Jodi DeLong

WHILE WE often joke about wanting to be able to predict winning lottery numbers, I think I'd be content with successfully predicting the weather. This hasn't been an ordinary gardening year so far, with a very early spring giving way to some unpleasantly chilly weather giving way to uncomfortably dry weather. By late May, we were already hearing reports throughout the region of wells going dry, of farmers having to irrigate, of bans on campfires, and other activities that we normally don't expect to experience before July or August.

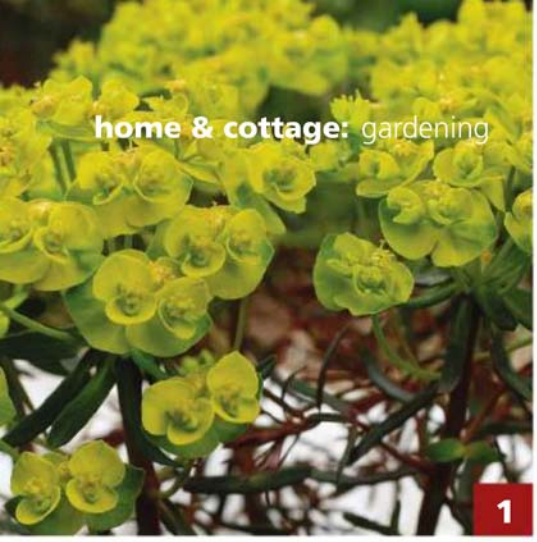
But don't despair if this season has been an exasperating one for your gardening activities. To begin with we're technically barely into summer. We still have weeks and weeks to add new plants to our gardens, and to fix garden challenges due to weather, or ongoing problems that we hadn't yet gotten around to solving. Whether you're dealing with shady growing sites, or hot, dry, sunny conditions, there are plants for every situation.

High and dry

If you're used to coping with hot, dry weather (and limited water resources), you're probably unconcerned by the dry spells we've been experiencing. Your garden likely has plenty of xerophyte plants that don't require a lot of water once established. But if you're not used to such weather, what can you do with your existing plantings?

• **Mulch, mulch, mulch.** Sometimes I feel like a record stuck on repeat, but it bears repeating: mulch is one of the most valuable investments you can make for your garden. Organic mulches, such as those composed of bark, straw, or even shredded newspaper, will break down over time and supply organic material and small amounts of nutrients to the soil. Applied correctly (at least an inch or two, not a mere scattering) they will help to prevent weed seeds from germinating. And most importantly for those dealing with dry growing conditions, they keep soil cool and help it to retain some of that precious moisture that you want going to your plants rather than evaporating back into the air.

• **Add more compost.** If you're expanding an existing planting or adding a new one, remember to add generous amounts of compost to the soil. Compost is a gentle fertilizer that supplies a variety of plant nutrients, but also improves soil whether you have clay that holds too much moisture or sandy soil that doesn't hold enough.



1. Euphorbia 'Fens Ruby'. The euphorbias or spurges are known for their drought and deer resistance as well as for their brilliantly coloured foliage and bracts. 'Fens Ruby' often reblooms in early autumn.
2. Sedums have marvelously coloured foliage as well as brilliant flowers that are attractive to butterflies. They are highly drought-tolerant.
3. Hydrangeas. Spectacular shrubs for the mid- to late-summer garden, hydrangeas do best where they have consistantly-moist soil, otherwise they tend to wilt in the heat of the day.
4. *Lychnis coronaria*. Many drought-tolerant plants have silver or grey foliage, such as this rose campion.

• **Water well, not often.** I'm a tough-love sort of gardener when it comes to watering. Container plantings, the tomatoes and herbs in the greenhouse, newly planted shrubs or trees, and just-divided perennials are the only parts of our garden that get watered. Containers need daily watering, but clustering a number of them together can actually help reduce watering frequency. Fruit and vegetable crops need a regular supply of water in order to grow to good size, but most well-established landscape plants can usually tolerate a rain-free period of a few days or even weeks with only an occasional watering.

In the interest of saving you time, well resources, or money, if you're on a metered water supply, here's a piece of advice. Unless you have young children who enjoy playing in the water as a treat, throw away the old-fashioned lawn sprinklers that fling water all over the yard. They are not effective ways of delivering water to lawns or garden plantings; much of the water evaporates off foliage and flowers before it has a chance to soak into the soil. A drip or trickle hose works far better, for ornamental or vegetable gardens: simply place these sorts of hoses so that water coming from them soaks directly into the soil rather than splashing all over the garden. Not only is this a more economical and efficient means of watering, it helps reduce the potential spread of disease due to overly-wet foliage.

• **Add xerophytic plants to your gardens.** Let me stress again: you have plenty of time to plant additional perennials, trees or shrubs in your gardens. I keep adding plants until early autumn, when I switch to planting spring bulbs. Xerophytes, or drought-tolerant plants, can be shrubs, trees, annuals or perennials. They often have silver or grey foliage, sometimes with a fuzzy or wooly texture, or may have very succulent leaves. These features help to reduce water loss or damage from excessively warm, dry sun and wind conditions. Plants with taproots that plunge deep into the soil are also usually quite tolerant of periods of low rainfall.

Given that they are tolerant of dry soil with minimal rainfall, you need to have excellent drainage for xerophytic plants to be able to survive winter in Atlantic Canada. Some are more tolerant of wet soil than others: while rose campion (*Lychnis coronaria)* does brilliantly in my garden, I am hopelessly unable to overwinter Russian sage (*Perovskia atriplicifolia*) and simply grow it as an annual because I like its airy growth habit and blue flowers in early autumn. Be aware also that plants with taproots dislike being transplanted or divided, so make sure to situate them where you want them.

Made for the (dry) shade

Although some gardening authorities will list about half a dozen different types of shade, based both on soil moisture and on the amount of light that a site receives, for simplicity's sake we're going to go with two main categories. Unless an area is underneath a deck or in a deeply wooded location, chances are it will receive sun for at least a couple of hours a day.

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We are blessed to be surrounded by an abundance of nature and wildlife. Has your camera captured a great photo of a bee, butterfly, or fox in its own setting? Marshlands or a meadow of wildflowers? Sandpiper on the shore? Share it with us!

Once again, we are inviting amateur photographers to get those cameras shooting for our Tenth Annual Amateur Photo Contest. The success of our annual contest is a great indication that Atlantic Canadians are inspired by the people, places and events that shape their lives in this wonderful region. **The contest deadline is December 1, 2010 and *Saltscapes* will publish winning entries in the March/April 2011 issue.** For entry form see following page. Watch for upcoming issues for additional sponsors and prizing.

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Saltscapes 2010 Amateur Photo Contest

ENTRY FORM

Contest Category: _____

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Where was the photo taken? _____

Please indicate type of photo being submitted:

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TRADITIONAL: ❑ Print/Negative ❑ Print/Slide

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An entry form MUST BE securely taped to the back of EACH photograph submitted. *Saltscapes* cannot be held responsible for lost or unidentified photos. Photographs submitted will not be returned and become the property of *Saltscapes*. Your signature confirms your acceptance and compliance with all of the contest rules and regulations. Entries must be received by December 1, 2010.

Send entry form and photograph to: *Saltscapes* Photo Contest, 30 Damascus Road, Suite 209, Bedford, NS B4A 0C1

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Plants for the dry garden, sunny sites:

Plants with grey or silver, sometimes-furry foliage: yarrow *(Achillea)*, rose campion *(Lychnis coronaria)*, wormwoods, *(Artemisia)*, lambs ears *(Stachys)*, some of the sages *(Salvia)*, and mullein *(Verbascum)*.

Plants with deep tap root systems: poppies *(Papaver)*, false indigo and lupins *(Baptisia* and *Lupinus)*, gas plant/dittany *(Dictamnus)*, milkweed or butterfly weed *(Asclepias)*, sea holly *(Eryngium)*.

Species native to the prairies and other dry, sunny locales: coneflowers *(Echinacea)*, blazing-star *(Liatris)*, yucca, some of the grasses such as blue fescue *(Festuca)* and silver grass *(Miscanthus)*.

Plants with succulent, water-holding foliage: There are numerous types of sedums, both trailing and clump-forming, houseleeks or hen-and-chicks *(Sempervivum)*, spurges *(Euphorbia)* and perennial ice plant *(Delosperma)*.

Shady sites:

Ground covers such as wild ginger *(Asarum)*, periwinkle (Vinca), deadnettle *(Lamium)*, and bishop's cap *(Epimedium)*.

Other perennials include wood fern *(Dryopteris)*, coral-bells *(Heuchera)*, cranesbills *(Geranium)*, daylilies *(Hemerocallis)*, bellflowers *(Campanula)*, and common foxgloves *(Digitalis)*

Shrubs include St. John's Wort *(Hypericum)*, snowberry *(Symphoricarpus)*, Japanese barberry *(Berberis)*, smoke bush *(Cotinus)*, northern bayberry *(Myrica)*, cotoneaster, and most of the junipers.

Top: 'Twilight Praire Blues'. False indigos, or baptisias, are excellent and underused perennials. They have deep tap root systems and are both deer and drought resistant.

Bottom: The hosta and fern in this photo are planted in a moist, shady location.

The more important question to ask is whether your shady garden location tends (in an average year) to have moist or dry soil. Just because an area is shaded from the hot sun most of the day, doesn't mean its soil will be moist. This is especially true when your home is surrounded by a number of mature trees, especially deciduous species that send their roots out for dozens of yards in all directions in search of moisture. Dry shade is a real challenge, because many plants that like it dry also require sun, while those that are content to grow in shade also tend to require ample soil moisture.

What can you do if you have dry shade? If you have mature trees with large, shallow roots, you can often create little planting nooks, adding soil between the roots and tucking plants into those locations. Make sure the soil you add is rich with compost or other organic matter, which will help to retain moisture as well as provide nutrients to your plants—soil under trees is also often nutrient-deprived along with being dry. As with dry, sunny sites, mulching around your plants will help to retain moisture. If you're putting in new perennials or shrubs, be prepared to water them regularly to help them get established; once they've settled in (usually after their first growing season), you shouldn't have to water unless there is an extreme drought—which is highly unlikely in Atlantic Canada, although it seems nothing is utterly impossible with weather conditions.

Many plants will tolerate dry, shady sites once they have established themselves. Some perennials, such as bleeding heart (*Dicentra*) and *Astilbes* will go dormant if weather continues to be hot and dry for more than a few days, but will re-emerge from the soil once conditions are more to their liking, usually in late summer or early autumn.

You may decide that there are some plants that you simply must water because you are so fond of them that you're willing to invest that time and possible expense to nurture them. If you're a vegetable gardener or have fruit trees and shrubs, you know that you need to provide adequate water and fertilizer in order to get good yields from your crops. Likewise, if you have a fondness for roses, hostas, or hydrangeas, you'll probably choose to provide these plants with water while letting others fend for themselves. It all depends on your preferences.

What about the lawn?

If it continues to be a dry summer, put the lawn mower away for a while. Cutting the grass to the height of a putting green just sends it into dormancy or death, making the lawn unpleasantly brown. Letting it grow longer between mowing also helps to reduce germination of weed seedlings—the longer grass blades act as a living mulch.

If you're creating a new lawn, look for a grass seed mixture that includes clover, which not only stays green in dry conditions, it feeds the soil, and also fescue, which are slow-growing and drought tolerant. Wildflower Farm in Ontario sells an excellent, low-maintenance and sustainable grass mixture called Eco-Lawn ™, which is gathering rave reviews across North America. You can learn more about this product at www.wildflowerfarm.com.

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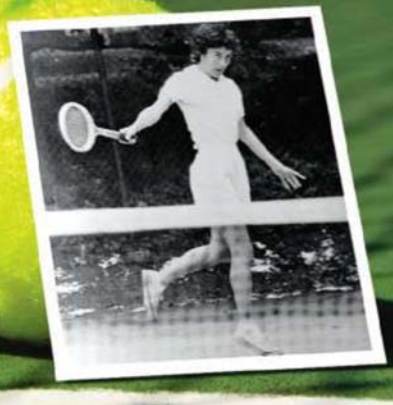

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Jun. 27-Sep. 11	8:00	8:00	8:00	8:00	8:00	8:00	8:00
	16:00	16:00	16:00	16:00	16:00	16:00	16:00
Sep. 12-Oct. 12	16:00	8:00	16:00	8:00	8:00	8:00	8:00
		16:00		16:00	16:00		16:00
Oct. 13-Dec. 31	16:00	16:00	16:00	16:00	16:00	16:00	16:00

Diary of a dream

How I met an East Coast idol

by Katharine Mott

CHRIS SMITH

Matt Andersen: A lad from New Brunswick, now living in Cape Breton, and a world-class blues artist.

ATLANTIC CANADA has a range of eclectic music and musicians—classical, country, opera, Celtic, jazz, blues and more—to suit the moods du jour. My collection of local artists includes an all-time favourite, Matt Andersen. His CDs, full of contemporary and blues, wear well with me.

In fact, if I were invited to have a dream fulfilled, I'd say, "Matt Andersen playing on my deck at the river."

Here's the diary of my dream.

January 23

It's a sweet and sour day today. Matt Andersen has just won Best Solo/Duet Artist at the International Blues Challenge, held in Memphis. There were competitors from 11 countries on five continents—and 39 states of the USA alone. Part of me is happy to know that a lad from New Brunswick is the Best Darn Blues Artist of the World; the other part of me is sad because now he'll be big time. He'll be lured away—my dream is getting more distant!

January 26

Had lunch with *Saltscapes*' editor, Heather. Talked about the big win, and the potential loss to our region. Commented facetiously about now having to drop my dream.

February 15

O happy day! Heather called to say that Matt's manager, Jeff Liberty, thinks that it might be possible to meet with Matt at my home on the Stewiacke River. Can't wait! I believe he's still out West doing some post-Olympic gigs, or perhaps he's already on tour in Ontario. Hope the downhome guy comes back to native soil soon.

March 16

Ah patience! I wish I had some! How I have tried over the years to develop that greatest of all virtues but have not been successful. I'm beginning to wonder if I will ever get to meet Matt. Good things come to those who wait, so wait I will, but I want it to happen NOW!

April 29

This is the second anniversary of my first encounter with Matt, at the 2008 *Saltscapes* Expo. He was one of a few performers on the NB Culture Stage sponsored by New Brunswick Tourism. I was captivated! Not only was he good, he so enjoyed what he was doing—he seemed to perform for himself, but was happy to share with an audience. When jamming with fellow musician Ross Neilsen, he gave the impression that he didn't want the half-hour spots to stop. Nor did we, the trying-to-sit-still audience.

May 17

I take every opportunity to be part of a Matt audience: outdoors at an event in Sackville, NB, a few places on his Vinyl Cafe tour with Stuart McLean, at the 2009 Stanfest in Canso, NS. His website shows where he's playing—I know I can make it to some of the events. I suspect there will be lineups though. There's no question, Matt is a professional when it comes to performing. It doesn't matter if

it's at an international venue or a church hall. When, oh when, am I going to meet with him?

June 13

Whoopee! I'm driving to Sydney, Cape Breton, to meet with Matt at a friend's house tomorrow afternoon—he can't make it to the mainland to play on my deck. My dictionary defines anticipation

KATHARINE MOTT

Matt gets a cuddle of approval from the author's dogs, Kedgie and Tigouche (who never miss a photo op.)

as "being enthusiastic, an emotion involving pleasure (and sometimes anxiety) when considering some expected or longed-for good event, or irritation at having to wait." I'm all of those! I'm fearful, too. Will he be relaxed with me? Will he share much about who he is? Will I be able to reach the guy behind the guitar? Will I be tongue-tied in his presence? I can't think of anything other than meeting him.

June 15

It happened! I'm in love again, this time with a 29-year-old musician! Matt is a larger-than-life kinda guy: his bigness is in his presence, talent, voice, his sincerity and his personality.

He stems on his dad's side from Danish settlers who migrated to Victoria County, NB, in the late 1800s (said to be the earliest permanent Scandinavian settlement in Canada), hence the spelling of his name.

Matt travels and performs all over the globe, but downhome is where his heart remains. He is proud of his heritage as a Maritimer. His original home is Bairdsville, but he went to school in Perth-Andover. His anchor is a patch of acres in Bairdsville, on the St. John River, and his current home is in Cape Breton—his long-time girlfriend, Sue, works at the Sydney hospital.

> "Despite success, Matt is shy, modest and humble. His hobbies are music and cooking. He pores over cookbooks, but when he needs ideas or a recipe, he calls his mom"

Matt says he prefers to live where there aren't too many neighbours, so I guess that rules out moving to Upper Canada!

Despite success, Matt is shy, modest and humble. His hobbies are music and cooking. He pores over cookbooks, but when he needs ideas or a recipe, he calls his mom. He doesn't blow his own horn; instead he talks about the great people he jams with.

He didn't aspire to be a performer when he was younger; he says it just happened. Music was always part of his world—he sang in church, he played in the school band, and he jammed with friends and relatives at kitchen parties.

His first instrument was the tuba—he jokingly says he was the only guy big enough to hold it. His mom played the piano, his grandfather played the fiddle.

He's a big guy who loves small things: small towns, small local markets, and small intimate venues in which to perform.

He worked at McCain Foods to pay off student loans but he grabbed every chance to play music and sing. Eventually the music part of him took over, but he doesn't consider it a job—it's all pleasure. His performances these days include mostly his own songs—he has written more than 30—and he has produced seven CDs! I won't rant on about his music: listen for yourself at www.stubbyfingers.ca.

We talked about his awards, in particular his title of best blues artist. Interestingly, Matt is not competitive: he says he went to Memphis just to hang out—to be surrounded by music, jam with others—and to make business contacts. He was surprised but pleased when he was selected the winner, especially with some of the perks like a Caribbean Cruise in January and a visit to France in the fall.

I still have the dream of Matt visiting me at my wilderness home overlooking the river, but I'm thrilled with having had the opportunity to spend time with him in Sydney. I'd like more. Not only is he a great musician, he's a delightful, self-effacing, huggable honey with a captivating smile and laugh. The kind of chap who is one of us. I hope he doesn't mind having a granny groupie.

This is the first in a series of Katharine's salons, where she invites people to her riverside abode for an informal chinwag. Who would you like to see her meet with and write about? Please write to katharine@saltscapes.com.

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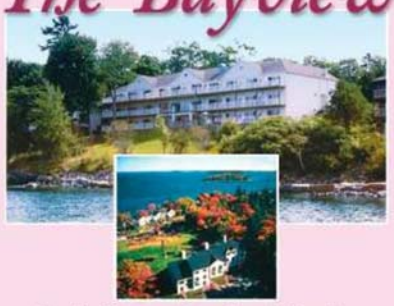

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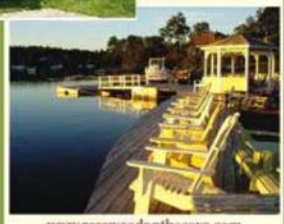

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WADE LANGHAM

root & folks: q&a

Q *You were a single parent with two children, you battled shyness and the frustrations of starting a career. Why were you so persistent?*
A Rather than talk about what I was feeling, it was easier for me to sing about it.

Q *Those early difficulties led you to the women's movement.*
A I had no intention of going, but after I went to the first meeting, I couldn't stop going. I was too shy to speak up, so I asked if I could sing at one of the meetings. I got up and started singing what I was thinking. From then on, that's the way I expressed myself.

Q *You made up the lyrics as you sang?*
A Yes. That's how I do my writing. The melody and the lyrics come all together.

Q *You lived in Toronto and Ottawa in the 70s, then returned to Cape Breton in 1979. Most people would warn against that as a career move.*
A You wouldn't believe how many times I've heard that. [But] it was the best move I ever made. Playing in the pubs and the little halls, the writing started to flow.

Q *Do you remember your first public performance?*
A It was in Big Pond at the little church hall. I was about seven. When I was older, I sang in little variety shows. I'd get through three lines and run off the stage.

Q *In contrast, can you pinpoint when you knew you'd made it?*
A I worked with [Halifax-based promoter] Brookes Diamond. He got me into Expo '86, in Vancouver. It opened a lot of doors. I made it to the bigger stages from there: London's Royal Albert Hall, the Sydney Opera House.

Q *You're 66. Any sign of retirement?*
A No, I'm still going. Music is forever—it's not something you retire from.

AT AGE 42, Rita MacNeil won the Juno Award for Most Promising Female Vocalist. She'd already been performing for more than two decades. By 1990, she was Canada's top country artist. Eight of her recordings went platinum, two more went gold. She has five honorary degrees and has received the Order of Canada; a play has been written about her life. Today, at 66, Rita spends her time in Big Pond, Cape Breton. *Saltscapes* spoke to her about growing up shy, the impact the women's movement had on her music, and making up lyrics as she sings.

Q *What are your earliest memories of Big Pond?*
A I loved being outside in the woods playing. Everything around us was something we could play with…. I was a bit of a dreamer. I would sit and rock, listening to the radio. I would imagine myself out there singing.

Q *You grew up in a family of eight kids. How did your parents manage day-to-day demands?*
A We all did our chores. My father and mother owned one of the general stores. They were hard working people. There was always different people coming into the store. I remember some of the wrestlers of the day would stop. My father would get me to sing for them.

Q *Tell me about your mother.*
A She was a bit of a dreamer in her own way. She encouraged me with my music. She would get me to sing in the kitchen, but I would never let any of them look at me, so they would have to go in the living room while I sang. I was disappointed that she passed before she got to see me on the stage.

Q *When you were younger you had a series of surgeries?*
A Yes, I was born with a cleft palate. Growing up with any little thing that sets you apart is always a challenge.... I went to a one-room school and don't have a lot of great memories of school. I did a lot of staring out the window. I was always going around holding my hand up to my face.

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